

Hayfever is a common condition that affects around 1 in 5 people in the UK

### Managing your hayfever

The severity of symptoms can vary, some people need medication to manage their symptoms and others can manage their condition by avoiding triggers.

### How can I avoid triggers?

- Keep house and car windows closed, especially when the pollen count is high (early morning between 7am to 9am and evenings between 5pm and 7pm).
- Avoid large grassy areas, cutting the grass, pollutants (such as smoke) and car fumes.
- Wear wrap-around sunglasses.
- Use petroleum jelly (eg Vaseline) inside your nose to prevent inhaling pollen.
- Don't dry wash outside to avoid pollen sticking to your clothes.
- You could buy a pollen filter for the air vents in the car.
- When you get in from outside wash your hands, face, hair, rinse your eyes and change your clothes.
- If possible stay indoors when the pollen count is high.

If your pharmacy isn't open remember to...

**TALK** BEFORE  
**YOU WALK**

**CALL NHS 111**

When you need medical help but it's not an emergency, we always recommend you call NHS 111.

Where appropriate, a fully trained advisor will assess your symptoms, decide what medical help you need and advise where you need to go.

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Alternative formats available on request please contact us on **0113 84 35470** or email [Leedscg.comms@nhs.net](mailto:Leedscg.comms@nhs.net)

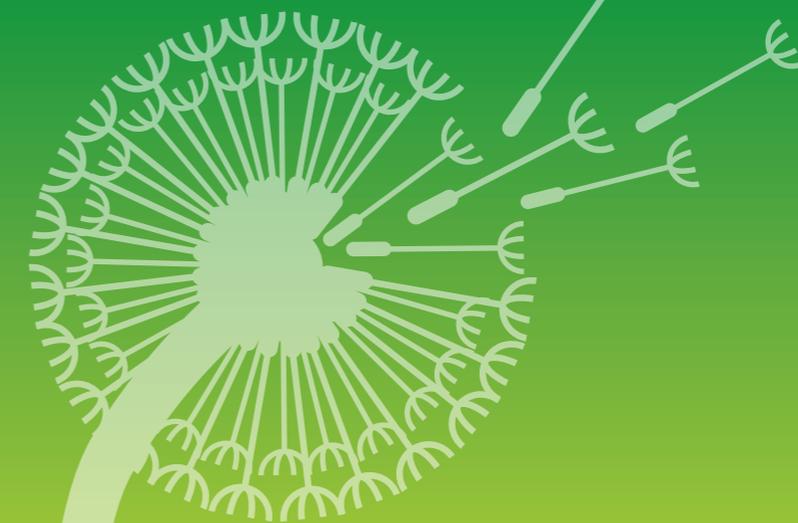


Leeds

Clinical Commissioning Group

# Hayfever

## Self-care information



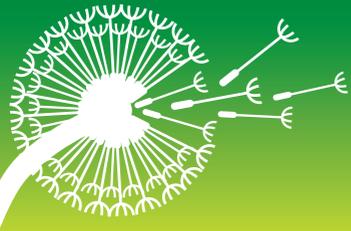
**Symptoms include:** Sneezing; itchy, blocked or runny nose; red, itchy, puffy or watery eyes; itchy throat; headaches; sinus pain and fatigue.

HELP US TO  
HELP YOU

Remember you can see your pharmacist for many conditions and buy treatments over-the-counter. Or why not get them with your next weekly shop?

HELP US TO  
HELP YOU

Buying your own medicines helps your local NHS



## What treatments can I buy?

You can buy hay fever treatments from your local pharmacy and many supermarkets without the need to see your GP. Look for non-branded (generic) version of medicines which are just as effective as, and often cheaper than, branded versions.

Combination treatment with tablets, nasal sprays and eye drops may be used. If necessary speak to your local pharmacist to get advice on the best treatment for your symptoms and always read the patient information leaflet that is included with the medicine.

For examples of medicines available see opposite.

### WHEN SHOULD I SEE A GP?

- If you are experiencing wheezing, breathlessness, or tightness in the chest.
- If you are pregnant or breastfeeding and your symptoms don't improve after avoiding things that can trigger your hayfever.
- If your symptoms don't improve after taking over-the-counter medicines.

## Examples of products available to buy include:

Product	Description	Examples of generic drugs (and their common brands):
<b>Oral antihistamine tablets and liquids</b> First line treatment for most people.	Antihistamines are more effective if they are taken <b>before symptoms start</b> rather than after. Cetirizine, loratadine and acrivastine are unlikely to cause drowsiness. Chlorphenamine is also effective but can cause drowsiness. If you drive or operate machinery ask the community pharmacist which tablets would be best for you.	Cetirizine ( <b>Piriteze</b> ) Loratadine ( <b>Clarityn</b> ) Acrivastine ( <b>Benadryl</b> ) Chlorphenamine ( <b>Piriton</b> )
<b>Steroid nasal sprays</b> Useful for nasal and eye symptoms and are used instead of, or in addition to, oral antihistamines.	Steroid nasal sprays suppress the allergic reaction of hayfever but they do not produce instant relief. They are <b>best started before the hayfever season begins and used throughout the season, even if your symptoms have improved.</b> Can only be bought over the counter for adult use.	Beclometasone ( <b>Beconase</b> ) Fluticasone ( <b>Nasofan</b> ) Triamcinolone ( <b>Nasacort</b> )
<b>Eye drops</b> Can be used with oral antihistamines and nasal sprays if necessary to control symptoms.	If you wear contact lenses you should check with a community pharmacist or your optician before using eye drops.	Sodium cromoglicate ( <b>Opticrom</b> ) Lodoxamide ( <b>Alomide</b> )
<b>Other useful treatments</b>	Simple pain relief (e.g. <b>paracetamol</b> or <b>ibuprofen</b> ) can help with headaches and sinus pain. Throat lozenges can help ease tickley throats and palates.	

More information is available at:

<http://www.nhs.uk/Conditions/Hay-fever/Pages/Introduction.aspx>

<http://www.patient.co.uk/health/hay-fever>