

TOP TIPS FOR MANAGING HAY FEVER



KEEP DOORS & WINDOWS CLOSED

when pollen count is high.



AVOID EXERCISING OUTSIDE

when the pollen count is high, and wear a cycle mask when cycling.



Shower, wash your hair, & CHANGE YOUR CLOTHES

if you have been outside for an extended period.



WRAPAROUND SUNGLASSES

can stop pollen getting in your eyes. Splash your eyes with cold water to help flush out pollen and soothe them.



TRY TO STAY AWAY FROM GRASSY AREAS

and avoid mowing the lawn. Consider creating an allergy-friendly garden.



AVOID DRYING CLOTHES OUTSIDE

Shake outdoor-dried clothes before bringing them in to remove pollen and spores.



MINIMISE CONTACT WITH PETS

that have been outside. Bathe pets regularly to remove pollen.



KEEP YOUR CAR WINDOW CLOSED

when driving. Some cars can be fitted with a pollen filter.



APPLY A GEL/BARRIER TO THE NOSTRILS

to prevent pollen from settling in the nose.



DISCUSS TREATMENTS FOR HAY FEVER

with your GP or pharmacist.



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