

**PRACTICAL TIPS FOR...**

# **GARDENING WITH ASTHMA & ALLERGIES**



in partnership with **dyson**

- Check the pollen forecast on [asthma.ie](http://asthma.ie) before venturing outside. This will give you an idea of how high or low the pollen count is in your area.
- Shut all your windows before gardening to keep dislodged pollen and dust out of your home.
- Try to stay indoors if there is a high pollen count. It is advisable to stay in on hot, windy days, as wind will increase pollen in the air.
- Wear wraparound sunglasses, these will help stop pollen blowing into your eyes.
- Smear Vaseline inside your nose. This can help to stop pollen and spores from settling on the lining of your nose. It's simple but it really does work.
- Using air purifiers indoors can reduce allergens present in the air inside the home.
- Keep your asthma under control by taking your preventer medication regularly as prescribed. If you suffer from hayfever (allergic rhinitis), consult your doctor about the best medication to keep this under control. Your community pharmacist can also advise you on over the counter products.
- Wear a hat to protect your hair from pollen and brush your hair after gardening. It is advisable to shower and wash your hair after gardening if allergic rhinitis is particularly troublesome for you.
- If you have a skin allergy, keep your arms, legs and hands well covered when gardening.
- Do not wear your garden clothes in the house. It is advisable to remove shoes before entering the house and to change as soon as you enter the house.

[asthma.ie](http://asthma.ie)

## TYPICAL ALLERGY SYMPTOMS ARE...



Sneezing



Impaired sense of smell



Itchy, blocked or runny nose



Itchy throat, inner ear or mouth



Headaches



Red, itchy or watery eyes



A loss of concentration and generally feeling unwell

80  
PERCENT

of asthmatics also suffer from Hayfever

1 in 5

people in Ireland suffer from Hayfever

People often suffer from a combination of



**Asthma**  
**Eczema**  
and/or  
**Hayfever**

## COMMON HAYFEVER TRIGGERS



Flower Pollen



Tree Pollen



Wood Pollen



Fungi Spores



Grass Pollen

Asthma Adviceline  
**1800 44 54 64**

asthma.ie