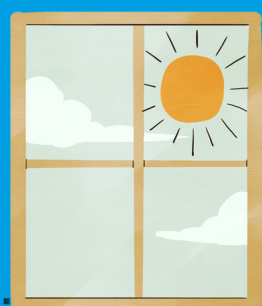


TOP TIPS FOR MANAGING YOUR HAY FEVER



Kindly supported by



Keep doors and windows closed when pollen count is high.

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



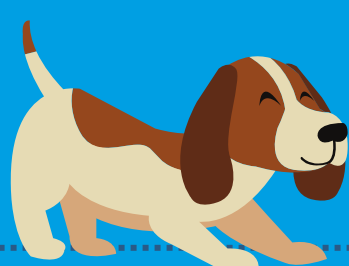
Shower, wash your hair and change your clothes if you have been outdoors for an extended period.

Wear wraparound sunglasses to stop pollen getting in your eyes, and splash your eyes with cold water to help flush out pollen and sooth them.



Avoid drying clothes outdoors.

Try to stay away from grassy areas and avoid mowing the lawn. Consider creating an allergy friendly garden.



Minimise contact with pets that have been outside.

Keep your car windows closed when driving. Some cars can be fitted with a pollen filter.



Apply a barrier gel/spray to the nostrils to prevent pollen from settling in the nose.

Discuss the use of treatments for hay fever with your pharmacist or GP.



Get Free Support

Questions about your hay fever and asthma?
Speak to our expert team of nurses!



Free Asthma Adviceline
1800 44 54 64

WhatsApp Service
086 059 0132



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