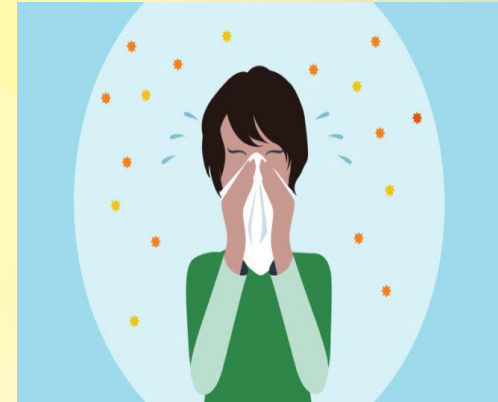


TOP TIPS WITH HAY FEVER

SYMPTOMS

- ❖ Sneezing and coughing
- ❖ Itchy, blocked or runny nose
- ❖ Red, itchy, puffy or watery eyes
- ❖ Itchy throat
- ❖ Headaches and sinus pain
- ❖ Feeling tired



TOP TIPS

- ❖ Keep windows closed
- ❖ Stay indoors when the pollen count is high
- ❖ Avoid large grassy areas, woodland, cutting the grass
- ❖ Wear wrap-around sunglasses.
- ❖ When you get in from outside wash your hands, face, hair, rinse your eyes and change your clothes.
- ❖ Use Vaseline inside your nose to block inhalation of pollen.
- ❖ Don't dry washing outside to avoid pollen sticking to your clothes.
- ❖ If possible purchase a fan to keep house cool and pollen filter for the air vents in the car.



[More information is available at:](#)

-www.nhs.uk/conditions/hay-fever/pages/introduction.aspx

-www.patient.co.uk/health/hay-fever

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