

Choose self care

Do you have mild to moderate hayfever that needs treatment?
Speak to your pharmacist today about
how they can help you.



What can I do to help?

You can do things to ease your symptoms when the pollen count is high:

- Put vaseline around your nostrils and wear wraparound sunglasses to stop pollen getting into your nose and eyes.
- Shower and change your clothes after you've been outside to wash pollen off.
- Stay indoors whenever possible and keep windows and doors shut as much as possible.
- Vacuum regularly and dust with a damp cloth.

Treatments available to buy over the counter include antihistamine tablets or liquids, steroid nasal sprays, and sodium cromoglicate eye drops. Always read the information leaflets provided with the medicine before you take or use them.



When should I see a GP?

- If you are experiencing wheezing, breathlessness, or tightness in the chest.
- If you are pregnant or breastfeeding.
- If your symptoms are not relieved by over the counter treatments in combination with measures to reduce your exposure to pollen.

