

HAY FEVER

and other allergies

GPs no longer routinely prescribe tablets, eye drops or nasal sprays for hay fever in line with NHS England guidance.

Medicines to treat hay fever and seasonal allergies are readily available to buy from pharmacies and supermarkets.

The NHS has spent around £136 million a year on items you can buy over the counter - money which could have been used to support local NHS service.



Your pharmacist is fully qualified to answer any questions on medicines use and is easily accessible. They can also provide treatments for a wide range of conditions.

Information about treating hay fever can be found at www.nhs.uk/conditions/hay-fever

Top Tips to Help Ease Hay Fever Symptoms:

- Put Vaseline around your nostrils to trap pollen.
- Wear wrap around sunglasses to stop pollen getting into your eyes.
- Shower and change your clothes after you've been outside to wash the pollen off.
- Stay indoors whenever possible.
- Vacuum regularly and dust with a damp cloth.
- Buy a pollen filter for the air vents in your car and a vacuum cleaner with a special HEPA filter.