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Hayfever

Hayfever is a common allergy that causes sneezing, coughing and itchy eyes. You cannot cure it, but there are things you can do to help your symptoms, or medicines you can take to help.

Symptoms

- Sneezing and coughing
- A runny or blocked nose
- Itchy, red or watery eyes
- Itchy throat, mouth, nose and ears
- Loss of smell
- Pain around the sides of your head and your forehead
- Headache
- Feeling tired

Symptoms are usually worse between late March and September, especially when it's warm, humid and windy. This is when the pollen count is at its highest.

Hay fever can last for weeks or months, unlike a cold, which usually goes away after 1 to 2 weeks.

How to treat hay fever yourself

Do:

- Put petroleum jelly (such as Vaseline) around your nostrils to trap pollen.
- Wear wraparound sunglasses, a mask, or a wide-brimmed hat to stop pollen getting into your nose and eyes.
- Shower and change your clothes after you have been outside to wash pollen off.
- Keep windows and doors shut as much as possible.
- Vacuum regularly and dust with a damp cloth.
- Try to use a pollen filter in the air vents of your car, if you have one, and a HEPA filter in your vacuum cleaner.

Don't

- Cut grass or walk on grass.
- Spend too much time outside.
- Keep fresh flowers in the house.
- Smoke or be around smoke – it makes your symptoms worse.
- Dry clothes outside – they can catch pollen.
- Let pets inside the house if possible – they can carry pollen.

A pharmacist can help with hay fever

Speak to a pharmacist if you have hay fever. They can give you advice and suggest the best treatments to help with symptoms, such as antihistamine drops, tablets or nasal sprays and steroid nasal sprays.

Some antihistamines can make you very sleepy, so speak to your pharmacist about non-drowsy antihistamines if you need to.

See a GP for non-urgent advice if your symptoms are getting worse or do not improve after taking medicines from the pharmacy.

Physiotherapy

Are you suffering with aches and pains?



Did you know you can see a physiotherapist at the practice?

You do not need to see your GP first, just call our reception team who will book you an appointment.

The physiotherapist can help with any recent onset of muscle or joint pain in any part of the body, recent injuries including sprains and strains, arthritis, neck and back pain, sciatica and anyone with previously failed physiotherapy.

Call us on 01206 302522 or go online to book an appointment.

Thank you for reading.

Katie Pirie

Practice Manager