

Self Care Information for Patients: Hay Fever

Summary

Do you have hay fever? Speak to your pharmacist about how they can support you to self care in line with new NHS England guidance.

What can you do to help?

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

- Put petroleum jelly (e.g. Vaseline®) around your nostrils to trap pollen.
- Wear wraparound sunglasses to stop pollen getting into your eyes.
- Shower and change your clothes after you have been outside to wash off pollen.
- Stay indoors and keep windows and doors shut as much as 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 HEPA filter.

When shall I see a General Practitioner (GP)?

- If you are experiencing wheezing, breathlessness or tightness in your chest.
- If your condition is not improving after using an over-the-counter medicine as directed in combination with measures to reduce your exposure to pollen.
- If you are breastfeeding or pregnant.

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