

## Bridge and Monkseaton Medical Practice: Hayfever Information Leaflet

A common condition affecting around **1 in 5 people** in the UK, hayfever is an allergy to pollen, this means that when the body is exposed to triggers it can cause the **immune system to overreact** by releasing histamine in the nose, eyes and airways which can then cause inflammation. Triggers for hayfever are **pollen** from weeds, trees, and flowers. **Almost all medications available to treat hayfever can be purchased over the counter from pharmacies and supermarkets.**

There are **no 'stronger' treatments** for hayfever that your GP can prescribe.

### Managing hayfever **without** medication:

#### Do:

- Keep windows closed when the pollen count is high (early morning 7-9am and evenings 5-7pm)
- Avoid grassy areas, woodlands and pollutants
- Wear wrap-around sunglasses
- Shower and wash/change clothes after you get home
- Aim to stay indoors when the pollen count is high
- Use petroleum jelly around the nose to block pollen inhalation
- Try nasal douching – this involves washing away any trapped allergens in your nostrils, for example, with a saline nasal spray from your community pharmacy\*



#### Don't:

- Dry washing outside - to avoid pollen sticking to your clothes
- Cut grass or walk on grass
- Keep fresh flowers in the house
- Let pets in the house where possible – they can carry pollen indoors



### Managing hayfever **with** medication:

Type of symptoms	Products available	Age ranges and details
<b>Eye symptoms:</b> itchy, runny, watery, red and swollen eyes	<b>Sodium cromoglicate eye drops</b>	<i>For adults and children over 6 years</i>  These can be applied up to 4 times daily for quick relief of symptoms
<b>Nasal symptoms:</b> sneezing, itchy or runny nose, congestion	<b>Steroid nasal sprays</b> – beclomethasone, mometasone, fluticasone	<i>For over 18s only</i>  Provide an anti-inflammatory action to treat symptoms, can take a few weeks of regular use to see maximum benefits
<b>General symptoms:</b> itchy throat, mouth nose and ears, headache and feeling tired	<b>Antihistamine</b> tablets and liquid: drowsy (chlorphenamine) and non-drowsy (cetirizine, loratadine and fexofenadine etc.)	<i>For adults and children over 1 years</i>  <b>Cetirizine:</b> liquid available for 2+ yrs, and tablets available for 6+ yrs <b>Loratadine:</b> liquid and tablets available for 2+ yrs and tablets available for 2+ yrs (if over 30kg) <b>Fexofenadine:</b> tablets available for 12+ yrs <b>Chlorphenamine:</b> liquid available for 1+ yrs, and tablets available for 6+ yrs

**Speak to your pharmacist if you are taking any other medications or have any other conditions to check these medications are safe for you to use**

#### When to seek further help?

- You are pregnant or breastfeeding
- You are wheezing, breathless or feel tight chested

#### More info on helping your child to swallow tablets:

<https://www.medicinesforchildren.org.uk/advice-guides/helping-your-child-to-swallow-tablets/>

\*For more info on nasal douching: [https://www.entuk.org/patients/conditions/71/rhinitis\\_and\\_hayfever](https://www.entuk.org/patients/conditions/71/rhinitis_and_hayfever)