



HAYFEVER SEASON IS UPON US!

Did you know that depending on the exact type of allergen you can be affected by symptoms of hay fever at different times of the year?

In total there are 30 types of pollen in the UK that can cause hay fever, and it is possible to be allergic to more than one type

They fall into three main categories:

TREES

About 1 in 4 of those with hay fever are affected by tree pollen

March to May

WEEDS

This is the rarest type of hay fever and tends to occur later in the year

June to September

GRASS

In the UK 9 out of 10 hay fever sufferers are allergic to grass

May to July

Pollen Count Guide

If you have an allergy to pollen, the higher the pollen count the more likely you are to experience symptoms

VERY HIGH.....	150 POLLEN GRAINS PER CUBIC METRE
HIGH	50 TO 149 POLLEN GRAINS PER CUBIC METRE
MODERATE	30 TO 49 POLLEN GRAINS PER CUBIC METRE
LOW	30 OR LESS POLLEN GRAINS PER CUBIC METRE

The best way to avoid the effects of hay fever is to stay inside with windows and doors closed. But this is extremely impractical for most people. As such certain measures can be taken to reduce the effects

Check weather reports online or on the television to see the day's pollen count and plan your day accordingly

Weather can also affect how badly you suffer from hay fever:



Humid and windy days allow pollen to spread more easily



Hot days mean flowers open up and release more pollen than usual. This means pollen counts are highest in the early evening



Rain, however, tends to cleanse the air of its pollen and you will usually see pollen counts drop on a rainy day

How to minimise the risk:



Avoid grassy areas, such as parks or fields



Wear wraparound sunglasses to stop pollen getting in your eyes



When coming in from the outdoors change your clothes and consider showering

TREATING HAY FEVER

Your local Alphega pharmacist will be able to assist you with finding the right medicine to treat the symptoms of hay fever. They may offer:



ANTI-HISTAMINES



NASAL DECONGESTANTS



EYE DROPS

