

**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 I do to help?

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

- Put petroleum jelly (e.g. Vaseline<sup>®</sup>) around your nostrils and wear wrap around glasses to stop pollen getting into your nose and eyes
- Shower and change your clothes after you have been outside to wash the pollen off.
- Stay indoors as much as possible and keep windows and doors shut as much as possible.
- Vacuum regularly and dust with a damp cloth

## When shall I see a 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 pregnant or breastfeeding

