

# Hay Fever



An allergic reaction to pollen, usually affecting the eyes, nose and mouth.

## Symptoms include:

- Sneezing
- Coughing
- Blocked or runny nose
- Itchy, red or watery eyes
- Itchy throat, mouth and nose
- Loss of smell

## Red flag symptoms

- Signs of infection
- Breathlessness or chest tightness

## Self-care advice

- Oral antihistamines
- Steroid nasal sprays
- Allergy eye drops
- Oral decongestants
- Try to avoid contact with the allergen/trigger
- When the pollen count is high, minimize outdoor activities and keep windows closed.
- Shower and change clothes if you have been outside

## Onward referrals

- Underlying conditions such as asthma
- Symptoms do not improve after taking medicines from the pharmacy

## Signposting

- Allergy testing services
- Locally commissioned Minor Ailments Services
- Pharmacy First Scotland – Antihistamines/ nasal sprays and drops

The information provided is correct at the time of publication, any information provided should be under the supervision of the Responsible Pharmacist. We hold no responsibility for any decisions made using this information.

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