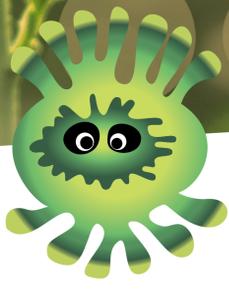
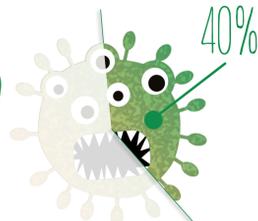


About Hay Fever



Hay fever is a common allergy, an international study has found that it affects up to **40% of children**¹.

Another study has shown that school children who suffer from hay fever are more likely to experience a noticeable drop in exam performance².



Hay Fever – The Facts

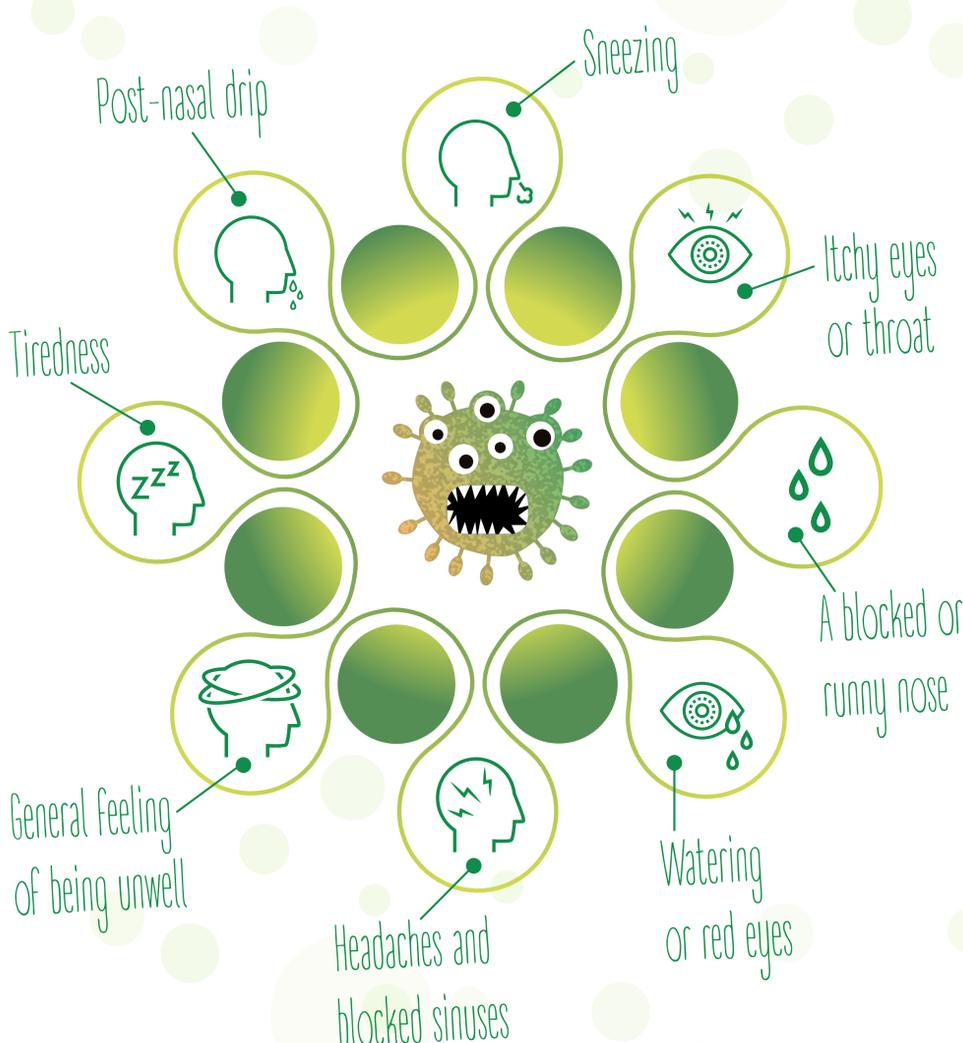


Schoolchildren who suffer from hay fever symptoms were **40% more likely to drop a grade** between their practice and final GCSE exams²

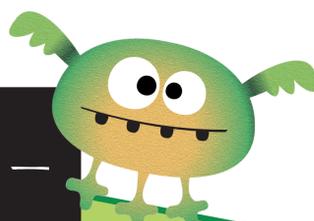
This increased to a **likelihood of 70%** if they were taking sedating antihistamines at the same time as summer exams²



Hay Fever – The Symptoms



Teach Hay Fever a lesson –



Prevention and Treatment

1. Avoidance

Monitor pollen forecasts in your area so you can prepare for high pollen days. The **Met Office** has a useful pollen forecast to help you plan ahead.

2. Prevention

Applying a thin layer of petroleum jelly around the edge of each nostril **will trap or block pollens** and will help prevent a reaction

Wraparound sunglasses when outdoors help keep pollen allergens **out of their eyes**

On high pollen days, encourage your child to shower and wash their hair to **remove the trapped pollen** after arriving home and change their clothing

Keep **windows closed** when indoors

Avoid drying **laundry outdoors** when pollen counts are high

3. Treatments

Antihistamines:

Antihistamines block the release of histamine that cause the symptoms of hay fever.

Corticosteroids:

Corticosteroids (commonly known as steroids) reduce inflammation. They can be prescribed for the treatment of hay fever and are available in tablets, injections and nasal sprays.

Nasal decongestants:

Nasal decongestants are a type of medicine that provide short term medicine relief for a blocked or stuffy nose.

Allergen immunotherapy:

- Immunotherapy is provided for people that have severe hay fever despite taking prescribed medications or steroid injections
- Immunotherapy works by exposing the immune system to small amounts of the substance the body thinks is harmful on a regular basis to increase resistance
- Immunotherapy is available as tablets or injections
- Treatment course lasts for three years
- Studies with grass pollen immunotherapy tablets show that the benefits may persist after finishing a 3 year treatment course.

FIND OUT MORE



Consult your GP for further information and guidance on treatment options.

For more information on the Teach Hay Fever a Lesson campaign visit our Website: www.TeachHayFeverALesson.co.uk



References:

1. International study of asthma and allergy in childhood Eur Respir J. 1995 Mar;8(3):483-91.
2. Walker et al. JACI; 2007;120:381-387