



**Have you got the main symptoms of hayfever - sneezing, runny nose, blocked nose, itchy nose and throat, watering eyes?**

**YES**

Ask your Pharmacist for advice if you are not sure of the best way to treat your hayfever this summer

Oral antihistamines will treat most symptoms of hayfever. If you suffer badly with any of the symptoms below, use the treatments in the boxes as well as or instead of an antihistamine

Sore eyes

Blocked nose

Blocked ears

Sinus pain

Tickly throat/  
Itchy Palate

Use  
antihistamine  
or  
anti-  
inflammatory  
eye drops

Use an antihistamine or  
anti-inflammatory nasal  
spray, plus an oral or topical  
nasal decongestant  
(maximum 1 week), if  
necessary

Use a simple  
analgesic and an  
oral or topical nasal  
decongestant  
(maximum 1 week)  
with the advice of  
your pharmacist

Take an oral  
antihistamine  
and try sucking  
throat lozenges

**Are your hayfever symptoms controlled after 2 to 3 weeks?**

**YES**

Continue to use treatment(s) throughout the  
hayfever season

**NO**

See your GP or Practice Nurse