

What is hay fever?

Hay fever is a common condition also known as seasonal allergic rhinitis and affects around 1 in 5 people in the UK. It often runs in families and is more likely to affect people who suffer from asthma and eczema.

It is an allergic condition where the body's immune system overreacts to substances that are usually harmless, for example pollen from grasses, flowers, weeds or trees.

The pollen causes the release of a chemical called histamine from cells in the nose, eyes and airways, which cause inflammation. Some people suffer symptoms all year round; they can be allergic to indoor allergens such as house dust mites, pets and indoor moulds. This is called perennial allergic rhinitis.

More information is available at:

www.nhs.uk and www.patient.co.uk

What signs and symptoms do people with Hay fever experience?

Examples may include any of the following:

- ◆ Itchy blocked or runny nose
- ◆ Red, itchy puffy or watery eyes
- ◆ Itchy throat
- ◆ Headaches and sinus pain
- ◆ Fatigue

What is NHS North Hampshire CCG?

The Clinical Commissioning Group (CCG) is responsible for the planning and purchasing of the vast majority of health services across the area - this includes hospital care, mental health and community services.

It works closely with 18 GP practices across the area.

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Patient advice

Hay fever

This leaflet explains changes to the availability of hay fever products on prescription across North Hampshire



Why can patients no longer have anti-histamine products on prescription?

In March 2018, NHS England issued guidance to all CCGs to stop funding prescriptions of hay fever products to all but the most vulnerable patients. This difficult decision was made because of the urgent need to make financial savings in the NHS.

Find out more at www.england.nhs.uk/medicines/over-the-counter-items-which-should-not-routinely-be-prescribed

Why was this decision made?

Hay fever products are widely available in supermarkets and pharmacies. It is cheaper for patients to buy these products over-the-counter than it is for the NHS to buy them. This is one way patients can help the NHS – by buying their own hay fever medicine, so the money the NHS saves can be used to fund other treatments.

Managing your hay fever

The severity of symptoms can vary, some people need medication to manage their symptoms and others can manage their condition by avoiding triggers. If treatment is needed, a wide range of medications can be purchased from community pharmacies and supermarkets without seeing a doctor.

What if patients can't get a supply of anti-histamine medication locally?

The CCG has made sure there is a good spread of retail outlets across our county that stock a wide variety of competitively priced antihistamine hay fever medication.

What treatments can I buy?

Speak to a local pharmacist to get advice on the best treatment for your symptoms and always read the patient information leaflet that is included with the medicine.

Examples include:

- ◆ **Antihistamine tablets and syrups:** generally effective at controlling symptoms of hay fever.
- ◆ **Nasal sprays:** useful if you suffer nasal symptoms and can be used instead of, or in addition to, antihistamine tablets.
- ◆ **Eye drops:** if your eye symptoms cannot be controlled with oral antihistamines, eye drops containing sodium cromoglicate or lodoxamide may be useful.
- ◆ **Other useful treatments:** simple pain relief (e.g. paracetamol or ibuprofen) can help with headaches and sinus pain. Throat lozenges can help ease tickly throats and palates.

How to avoid triggers?

- ◆ Keep house and car windows closed, especially when the pollen count is high (early morning between 7am and 9am and evenings between 5pm and 7pm).
- ◆ Avoid large, grassy areas, woodland, cutting the grass, pollutants and car fumes.
- ◆ Wear wrap-around sunglasses.
- ◆ When you get in from outside, wash your hands, face, hair, rinse your eyes and change your clothes.
- ◆ If possible stay indoors when the pollen count is high.
- ◆ You can buy pollen filters for car air vents.

What if my child has symptoms?

Speak to a local pharmacist to get advice on the best treatment for their symptoms. They will be able to advise you on what to give your child or if you need to book an appointment with their GP or practice nurse.

Original leaflet written by

NHS Bath and North East Somerset CCG and amended by NHCCG for use in North Hampshire