



Medication may be prescribed to treat the condition

- Antihistamines help reduce sneezing, runny nose and itchiness
- Decongestants can help relieve nasal congestion
- Eye drops can be used to alleviate eye irritation and redness
- Corticosteroid nasal sprays may be prescribed to help reduce inflammation and to help prevent attacks from occurring
- Immunotherapy exposes a person to increasing amounts of an allergen to improve tolerance and reduce symptoms. This treatment should only be conducted under medical supervision.

An edible approach

- Cutting down on dairy products, which increase mucus, may ease some of the symptoms of hay fever
- Increasing your vitamin C intake and drinking green tea, a powerful antioxidant, are also thought to assist in alleviating some of the symptoms of hay fever
- Garlic contains the compound quercetin, a natural antihistamine that may reduce the severity of the allergy.



Tips to reduce hay fever symptoms

- Keep windows closed when inside or when driving your vehicle
- Avoid open grassy areas, especially during the evening and on windy days
- Wear sunglasses to avoid eye irritation
- Wash bedding once a week in hot water
- Use an efficient vacuum cleaner fitted with a HEPA filter
- Wipe surfaces with a damp cloth to remove dust
- Don't dry your clothes outdoors
- Avoid exposure to cigarette or wood smoke
- If you have pets, keep them outside

