

## USEFUL TELEPHONE NUMBERS

If you are concerned or worried about anything to do with your procedure in the first 48 hours following it please contact us for advice on:

**ENT Outpatients: 8am—5pm** on  
01254 734544

Or

**Ward B14 at any time on:**  
01254 735185

After this time, please contact your own GP.

If you require this document in an alternative format or language, please contact 01254 734544

### Polish

W celu otrzymania tego dokumentu w innym formacie lub języku, prosimy o kontakt z

### Punjabi

ਜੇ ਤੁਸੀਂ ਇਸ ਦਸਤਾਵੇਜ਼ ਨੂੰ ਕਿਸੇ ਵਿਕਲਪਿਕ ਫਾਰਮੈਟ ਜਾਂ ਭਾਸ਼ਾ ਵਿੱਚ ਲੈਣੀ ਚਾਹੁੰਦੇ ਹੋ, ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਸੰਪਰਕ ਕਰੋ

### Urdu

اگر آپ کو اس دستاویز کی ایک متبادل شکل (فارمیٹ) یا زبان میں ضرورت ہے تو براہ مہربانی رابطہ کریں

### Bengali

আপনি যদি এই প্রচারপত্রটি অন্য কোন আকারে বা অন্য ভাষায় চান, তাহলে যোগাযোগ করবেন

### Romanian

Dacă aveți nevoie de acest document într-un format sau limbă alternativă, vă rugăm să contactați

### Lithuanian

Norint gauti šį dokumentą kitu formatu ar kita kalba. prašome susisiekti su mumis

**E.N.T.**

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**NHS**

East Lancashire Hospitals  
NHS Trust  
A University Teaching Trust

# Allergy to Pollen (Hay Fever)

Safe | Personal | Effective

## What causes an allergy?

Allergic reactions are caused by substances in the environment known as allergens. Almost anything can be an allergen for someone. Pollen allergens are amongst the most common.

When allergens are in contact with the skin or breathed in they cause an allergic reaction. That is, it makes the body produce histamine which causes swelling and irritation of the upper airways.

## Pollen seasons:

Tree and shrub: Feb—June

Grass: May—July

Weed: Sept—Oct

## Common symptoms:

**Nose:** sneezing, runny nose, sinus problems

**Eyes:** itching, redness, watering

**Respiratory system:** wheezing, coughing, shortness of breath.

**Skin:** nettle like rash, itching

## Prevention and treatment

- Monitor pollen forecasts daily and stay indoors wherever possible when the pollen count is high.
- Limit outdoor trips to rural areas. Sea breezes blow pollen inland, so escape to the sea instead.
- If you go out, shower, and wash your hair on return and change your clothing before coming back into the living room or bedroom.
- Keep windows closed when indoors and overnight whilst you are sleeping. This is most important in the early mornings, when pollen is being released and, in the evenings, when the air cools and pollen that has been carried up into the air begin to fall to the ground.
- Avoid mowing lawns or raking leaves. If you must perform these tasks use a face mask.
- Wear wraparound sunglasses when outdoors to keep allergens out of your eyes.
- Avoid line drying clothes and bedding when pollen counts are high.
- Apply Vaseline around the edge of each nostril. It acts as a barrier to trap pollen.

You may or may not need treatment to help you to control the symptoms of your allergy.

## Antihistamines

Are used in the treatment of allergic disorders. When an allergen enters the body, your immune system detects it as a foreign substance and produces histamine to help defend the body.

Antihistamines work by stopping histamine from reaching its target and therefore reducing the symptoms associated with allergy.

They can be taken as tablets, syrups, or nasal sprays.

## How to use a nasal spray

- Shake the bottle.
- Gently blow your nose.
- Tilt your head slightly forward.
- Close one nostril by gently pressing against the side of your nose with your finger.
- Insert the tip of the nasal spray into the other nostril and start to breathe in slowly through your nose. Whilst you are still breathing in squirt one spray into the nostril keeping the bottle upright.
- Remove the spray from the nostril and breathe out through your mouth.
- Tilt head backwards to allow the spray to drain into the back of the nose.
- Repeat for the other nostril.