



Hay fever is a problem in the UK. Pollen from grass and trees makes eyes itchy, noses runny, and causes sneezing. Warm weather makes it worse.



No cure for hay fever. Try antihistamine tablets, steroid nasal sprays, and eye drops from a pharmacy to see what works best.



Avoid hay fever by showering, changing clothes, and keeping windows shut. Wear sunglasses outside. Be careful, pets can bring pollen inside.



If symptoms are bad, see a doctor. They might suggest immunotherapy. The NHS no longer uses Kenalog. Local honey doesn't help hay fever.