



Hay fever is an allergy to pollen. It can make you sneeze, have a runny nose, and itchy eyes. Pollen levels will be high in the UK soon.



Check pollen count in weather reports. Hay fever? Wear sunglasses, avoid cut grass, and close windows at night to feel better.



Hay fever is common in the UK, affecting about 13 million people. It often starts young and is more likely if family members have it or if you have.