

Other languages

This leaflet can be produced in other languages on request. We can also provide the information in other formats including Braille, large print, and audio CD. Please contact us if you require help.

Compliments and complaints

The Patient Advice and Liaison Service (PALS) is a confidential NHS service that provides help, advice and information for patients, families, and carers. We welcome all your feedback about the service.

Contact PALS at:

- **Email:** pals@mft.nhs.uk
- **Telephone:** 0161 276 8686

Who provides this service?

The Children's Asthma Service is provided by Manchester Local Care Organisation (MLCO). MLCO is the organisation that provides NHS community health and adult social care services in the city.

Find out more about MLCO at
www.manchesterlco.org

Contacting us

Children's Asthma Nursing Service

Longsight Health Centre
Stockport Road
Longsight
Manchester
M13 0RR

Telephone: 0161 529 6638

**Our service is open Monday to Friday,
from 8:00am to 6:00pm (excluding
Bank Holidays).**

For more information on how we can help, as well as a range of support materials, please visit our service page on the MLCO website:

www.manchesterlco.org/childrens-asthma-service

Other useful contacts

Asthma UK Adviceline

- **Telephone:** 0300 222 5800
- **Website:** www.asthmaandlung.org.uk

Allergy UK

- **Telephone:** 0300 222 5800
- **Website:** www.asthmaandlung.org.uk

Tips on managing hay fever

Patient and carer information

Children's Asthma Service



About pollen and hay fever

Hay fever is an allergy caused by pollen. It occurs when pollen comes into contact with your mouth, nose, eyes, or throat. Pollen is a fine powder produced by plants.

Dry, sunny weather causes pollen to rise. By noon, most grains reach high in the atmosphere. As the air cools in the evening, the pollen falls again and stays suspended longer in warmer areas, such as towns.

Pollen levels are highest between 6:00pm and 8:00pm in rural areas, and from 10:00pm to midnight in towns. The UK's peak pollen season is usually the last two weeks of June.

Typical symptoms of hay fever include:

- Sneezing
- Itchy, blocked or runny nose
- Red, itchy or watery eyes
- Itchy throat, inner ear or mouth
- Headaches
- Loss of concentration and generally feeling unwell

Tips for managing symptoms

- ✓ Take your hay fever treatment every day.
- ✓ Check the pollen forecast on TV or in the newspaper. If the pollen count is high, stay indoors as much as possible.
- ✓ Plan outdoor activities for the early afternoon, but don't forget sunscreen!
- ✓ Keep doors and windows closed, especially mid-morning and early evening.
- ✓ Avoid drying clothes outside. If you do, bring them in before the evening and shake them out first.
- ✓ Wear wrap-around sunglasses and a peaked cap or hat or a hat with a brim.
- ✓ Apply a small amount of Vaseline inside your nose.
- ✓ Keep car windows closed.
- ✓ Avoid walking through or cutting grass, picnics, and camping. If you go out to the countryside, shower and wash your hair when you get home.

When to get help

Pollen can also trigger asthma symptoms, including:

- A tight chest
- Shortness of breath
- Coughing
- Wheezing

If you have these symptoms, make an appointment to see your nurse or doctor.

Unfortunately, there is currently no cure for hay fever and you can't prevent it. But you can do the things listed to ease your symptoms when the pollen count is high.



A child with hay fever sneezing into a tissue