



# A short guide to hay fever

Look after your eyes – reduce the impact of hay fever

Hay fever can cause considerable discomfort for your eyes.



If you suffer from hay fever, your optometrist can advise on how to reduce your symptoms and make things a little more bearable during the spring and summer.

The most common group of eye drops used to help relieve the effects of hay fever are called 'mast cell stabilisers'. These are very effective and safe for those with hay fever symptoms that affect the eyes. However, it can take five to 14 days of use before they are most effective, so it's important to start using these drops before your allergy kicks in.

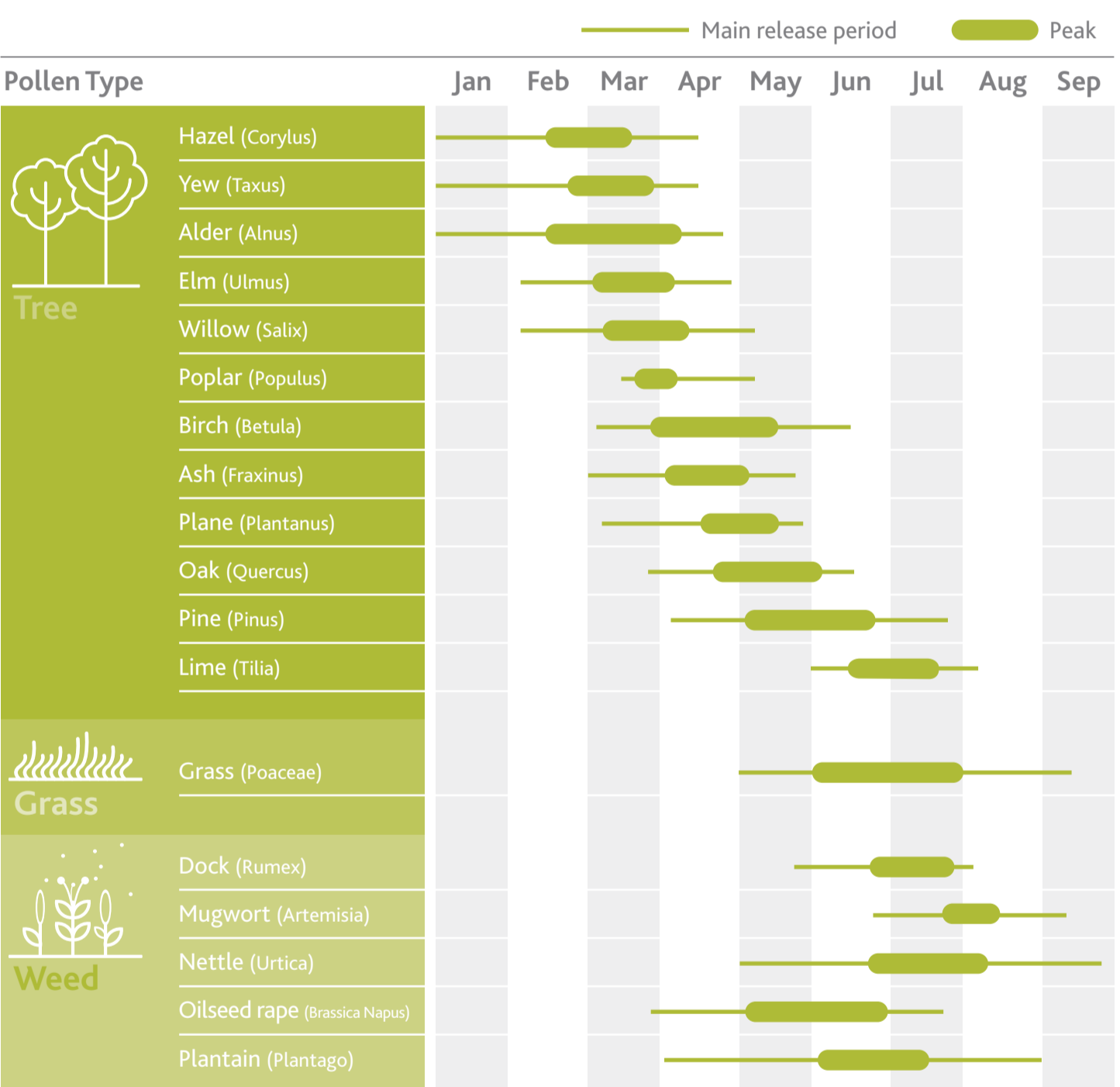


Days →



The pollen season includes three main phases. Knowing which pollen triggers your allergy can help you to take measures to reduce symptoms. You can then take drops ahead of the period.

Consult this pollen calendar\* to ensure that you are well-prepared to minimise the impact of hay fever on your eyes.



Once you have identified the time period in which you need to take your drops, it's important to remember:




Use the drops correctly and follow the instructions that come with the drops.

Ensure that you buy your drops from a reputable source, if you are buying your drops online make sure you recognise the retailer.



If you are taking drops correctly and still having a problem, make an appointment with your optometrist



You should also review the pollen forecast daily as the dates outlined on this calendar can vary.



Eye drops will specifically target the symptoms of hay fever associated with the eyes. Tablets and nasal sprays can be taken to alleviate other symptoms, such as sneezing or a runny nose.

If you wear contact lenses make sure you tell your optometrist you get hay fever and ask them what you should do during hay fever season.

