

Paediatrics

Allergy - Grass and tree pollen avoidance

It is impossible to avoid pollens completely, but there are some simple steps you can take to reduce your exposure:

- Keep doors and windows closed when you are indoors.
- Do not picnic in the parks during the pollen season.
- Try to stay indoors during early morning and evening when pollen counts are highest.
- Avoid going outdoors when grass is being cut.
- Avoid playing games on freshly cut grass.
- Keep car windows shut when driving. Some ventilation systems have pollen filters.
- Encourage your child to wear wraparound sunglasses to protect their eyes from pollen. If their eyes become irritated, use a cool compress (water and gauze or a face cloth is fine).
- Take holidays in coastal areas, as the pollen count is likely to be lower. If you are going abroad, check the local pollen information and forecast before you go.
- Pollen can stick to clothes dried outside. Consider using a tumble dryer, especially for bedding, during the pollen season.
- Wash hair in the evening to remove any pollen that may have settled.
- Change clothes when returning home from school to avoid bringing pollen indoors.
- Don't let pets get close to your child's face, as they can carry pollen in



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their fur.

- Applying Vaseline just above the lip can help trap pollen before it enters the nose.
- Be aware of the daily pollen forecast. Visit: <http://www.metoffice.gov.uk>.
- Start taking antihistamines 2 weeks before your usual hay fever season begins.
- Carry a supply of tissues.
- Don't smoke or let other people smoke around your child, because it can make hay fever (and asthma) symptoms worse.
- Your child may be prescribed daily antihistamines during hay fever season. If symptoms continue, eye drops or nasal sprays may also help.
- Be aware of food triggers. Some fruits and vegetables can make symptoms worse as the body mistakes them for allergens. Rinsing your child's mouth or having a warm drink can help. Avoiding raw versions of these foods may reduce symptoms, cooking or drinking them as juice is less likely to cause a reaction.

If you are taking exams between April and June:

- Visit your GP before the hay fever season starts and begin treatment 2 weeks before the pollen that affects you comes into season.
- Tell your teacher that you have hay fever.

On the day of the exam:

- Take your usual medication.
- Splash your eyes with cold water before entering the exam room.
- Do not sit near an open window.
- Make sure that you have tissues with you.
- Drink lots of water to make sure you stay hydrated.

This list is not exhaustive.

More information on allergies, how to avoid them and how to treat them can be found on the following websites:

Patient Information

www.allergyuk.org

www.asthma.org.uk

www.nhs.uk

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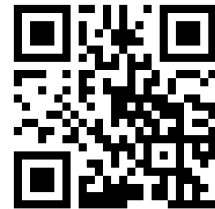
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