



Hayfever

One in five of us gets hay fever at some point in our lives. It usually occurs between early spring and autumn.

Symptoms include a blocked or runny nose, frequent sneezing and red, watery or itchy eyes.

Treatment

Take antihistamines when you first notice symptoms or you know the pollen count will be high. They are available over the counter from your local pharmacy. Use eye drops to treat itchy, red eyes. Your pharmacist can give you further advice.



Insect bites

Use insect repellent to protect yourself from bites, especially when sitting outside on summer evenings or near water.

If you get bitten:

- Wash the area with soap and water and apply antiseptic cream
- Avoid scratching – it could become infected
- Try using one of the many creams or sprays on the market designed to ease the itching or pain.
- Take painkillers such as paracetamol or ibuprofen to relieve any pain

Note: Seek immediate medical attention if, as a result of an insect bite, you feel dizzy, vomit, find it hard to breathe or your face becomes swollen.

