



Pollen Allergy Patient Advice Sheet

- Pollen counts highest early morning during warm summer months of June and July.
- Pollen counts lowest indoors, areas of low vegetation, seaside and mountainous areas.
- Try to avoid countryside when counts are high, stay away from large grassy areas, particularly long grass.
- Keep garden lawn short (someone else should mow it!)
- KEEP YOUR BEDROOM WINDOW SHUT AT NIGHT. IF IT IS VERY HOT, A SCREEN MADE OF A FEW LAYERS OF GAUZE WILL KEEP POLLEN OUT.
- KEEP YOUR WINDOW SHUT WHEN DRIVING.
- Remember pollens may settle on any surface, leaves on a hedge, garden furniture, your clothes, even your dog! Shake your washing when bringing it in from the line.
- It may be helpful to wear sunglasses to limit the amount of air borne pollen getting into your eyes.