

## **Beware of hayfever – Some basic precautions**

The peak period for graminaceous pollen has started. Hayfever sufferers are strongly advised to refrain from country walks or gardening. Of course, it is impossible to avoid all contact with pollen. However, it is possible to limit the harm done:

- ◆ during the pollen season keep your windows shut
- ◆ as the pollen count rises in the late afternoon, keep your windows closed at that time
- ◆ avoid picnics or camping holidays during the high pollen season
- ◆ go seaside holidays, where there is less pollen
- ◆ beware of honey! there might be a pollen allergen in it which could set off an allergic reaction
- ◆ tobacco nicotine makes nasal congestion worse.