

# TIPS TO MANAGE HAY FEVER

## CHANGE CLOTHES



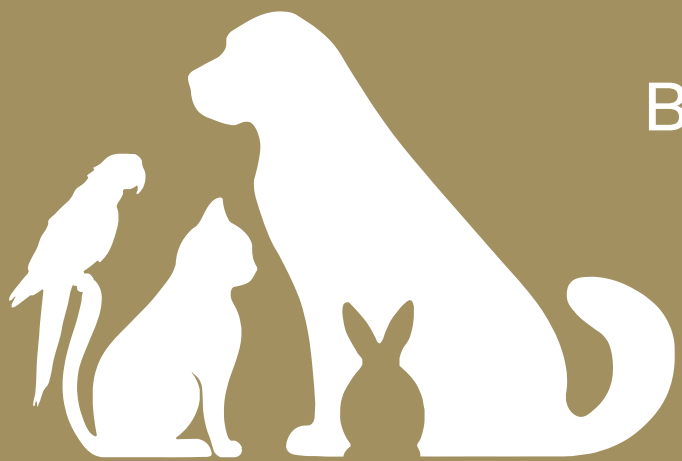
Change your clothes when you get inside. Pollen may stick to your clothes making hay fever worse inside

## DRY CLOTHES INDOORS

Don't dry your clothes on the washing line outside when the pollen count is high



## BRUSH YOUR PETS



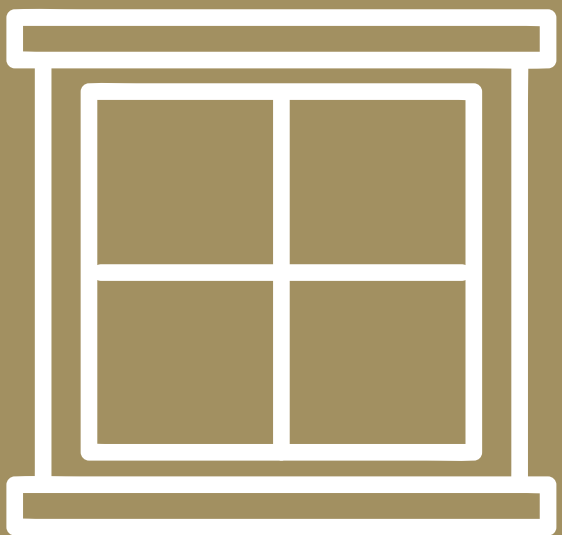
Brush your pets regularly to take any pollen off them

## STAY INSIDE

Stay inside if the pollen count is high



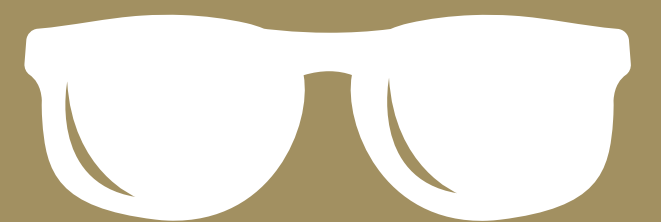
## CLOSE WINDOWS/DOORS



Keep windows and doors shut as much as possible

## SUNGLASSES

Wear sunglasses (preferably wrap-around ones) when outside



## VASOLINE



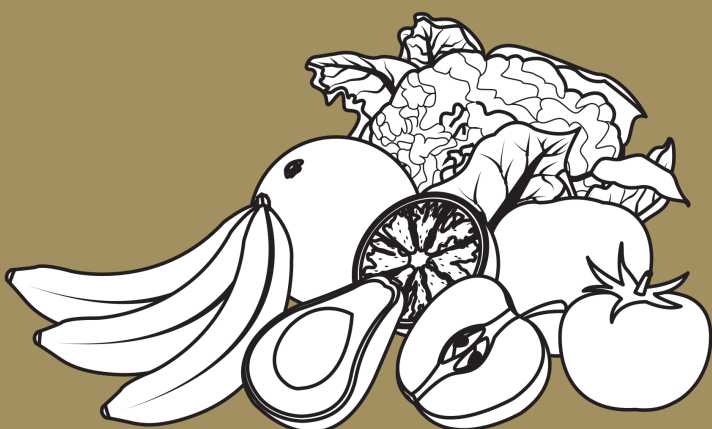
Put Vaseline around your nostrils to prevent inhaling the pollen or dust. Hay Fever Wipes may also work.

## VITAMIN C

Make sure you are eating foods with high levels of vitamin C as this will help your immune system.



## EAT ANTI-INFLAMMATORY FOODS



Fruits and vegetables, fatty fish, nuts, seeds, and healthy fats are at the core of an anti-inflammatory diet.

## CHECK MEDICATION

Check Global DRO (<https://globaldro.com/Home>) before taking any antihistamine medication to ensure it's not prohibited. If it is, choose an allowed alternative.

