

You can try to prevent the effects of mould spores by:-

- Increasing the ventilation in the home
- Cleaning refrigerators regularly
- Avoid hanging wet washing indoors
- Reducing the number of house plants
- Wash windows in the kitchen and bathroom regularly
- Clean the shower regularly
- Do not clean out animal houses yourself (e.g. rabbit hutch) if you are sensitive to moulds.
- Remember mould spores may be also be in the wooden shed, compost heaps and the Wendy house!

## Treatments

**Antihistamines:** These are oral medications that work quickly for relief of runny nose, itchy watery eyes, sneezing. There are many available such as Cetirizine/Zirtek, Clarityn/Loratidine, and Benadryl/Acrivastine etc. they come in either syrup or tablets.

**Nasal Steroids:** these reduce the swelling in the nose and so ease the blockage. *They need to be given correctly for them to work well e.g.* Beconase, Flixonase, Avamys, Nasonex, and Rhinocort

**Antihistamine nasal sprays:** e.g. Rhinolast - reduce the irritation in the nose.

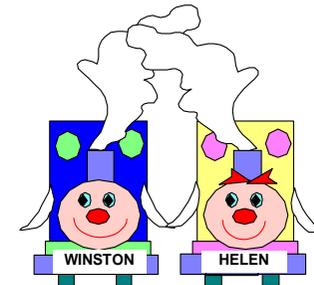
**Eye Drops** help relieve itchy watery eyes:- e.g. Sodium Chromoglycate, Opticrom, Otrivine, Clarityn, and Alomide.

**A combination of different treatments started early can be beneficial; ask your doctor or nurse for advice.**

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## PAEDIATRIC DEPARTMENT

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## ALLERGIC RHINITIS (HAY FEVER)

**Patient information leaflet**

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## Nature of the condition

Hay fever is another term for Allergic Rhinitis. Hay fever may cause problems in season if triggered by grass pollen or it can occur all year round if triggered by House dust mite, pets or moulds. The symptoms/reaction for hay fever are different for each individual; here are a few of the symptoms that may occur when you come into contact with the allergen which triggers your allergic reaction.

- Sneezing
  - Blocked nose
  - Runny nose
  - Itchy watery eyes
  - Headache
  - Loss of concentration
  - Itchy throat or roof of mouth
  - General feeling of being unwell
  - Rash
  - Cough
  - Difficulty in breathing
-  can be both

If you know what the trigger is for your hay fever symptoms the best form of treatment is **Avoidance**. However for some this is difficult to achieve fully.

## Managing pollen allergy

- Listen or watch out for news on the pollen count (if it is very high try to stay indoors)
- Keep your windows shut
- Wear sunglasses to stop the pollen getting into your eyes
- Avoid grassy areas, get someone else to mow the lawn

## Managing animal allergy

After house dust mites, allergens from animals are the most common cause of reactions in the home. Saliva (spit) from the pet dog or cat gets onto their fur when they groom themselves. This saliva then dries and lightweight particles flake off and float into the air where they are breathed in causing the allergic reaction.

- Remove pets from the home if possible
- If unable to do this keep the pet outside if possible
- Do not allow pets into the bedroom area
- Wash the cat/dog regularly
- Once the animal dies do not replace it

## Managing HDM allergy

House dust mite (HDM) allergy is difficult to avoid but some avoidance measures may help reduce symptoms. It is worth knowing that it is not the mite that causes the problem but the mites droppings (poo). HDM allergy is the most common trigger which causes problems for people with asthma and eczema.

- Wash all bedding once a week in a hot wash
- Open windows regularly, unless you suffer from hay fever
- Damp dust all surfaces daily
- Avoid drying your washing indoors
- Turn your heating down a little
- Vacuum carpets, curtains and soft furnishings regularly.
- Consider wooden or vinyl flooring

## Managing Mould Allergy

Mould spores are in your home all year round. Moulds produce microscopic spores which may trigger Asthma or hay fever symptoms when breathed into the lungs.