

HAY FEVER and other allergies

Items
Recommended
for patient
Self –Care

Medicines to treat hay fever and seasonal allergies are readily available to buy from local pharmacies and other retail outlets.



Have you thought about talking to your pharmacist about hay fever and allergies and buying what you need?

Prescribing readily available medication like antihistamines costs the health service millions every year, adding unnecessary strain to local GPs and the health service. Processing these prescriptions can cost 20 times the price of buying identical medication at your local pharmacy or retail outlet.

Before you speak to a GP, or make a request for a prescription, please talk to your pharmacist and see what's available over the counter.

If you take care of the little things, your health service can keep taking care of you.