

Your personalized guide to managing seasonal allergies

### **Riverside Family Health Centre**

15 Cathedral Road, Cardiff, CF11 9HA
Tel: 029 2023 4567 | Email: allergies@riverside-health.wales
www.riverside-health.wales | Allergy Clinic Specialist Centre

Patient Information	
Name:	Mrs Rachel K. Evans
DOB:	12/04/1978
Patient ID:	RFH-2024-3456
Known Allergies:	Grass pollen, Tree pollen, Dust mites
Current Meds:	Cetirizine 10mg daily, Nasal spray PRN
Last Review:	10/03/2025

**28th August 2025** 

Dear Mrs Evans,



September-October brings high pollen levels. Time to prepare your allergy management plan!

As we enter the peak allergy season, we wanted to provide you with personalized tips and reminders to help you manage your seasonal allergies effectively. Based on your medical history

### Current Pollen Forecast - Cardiff Area

### **Grass Pollen**

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### HIGH

Peak: 6am-10am

#### **Tree Pollen**

### **MEDIUM**

Peak: 5am-10am

#### **Weed Pollen**

### LOW

Minimal risk

Download the Met Office Weather app for daily pollen forecasts

# **Vour Personalized Allergy Management Tips**

### Indoor Protection

- Keep windows closed during high pollen days
- Use air conditioning with HEPA filters
- Shower after being outdoors
- Wash bedding weekly in hot water
- Dry clothes indoors, not outside

### **Outdoor Activities**

- Exercise indoors during peak pollen times
- Wear wraparound sunglasses
- Apply petroleum jelly around nostrils
- Check pollen count before going out
- Avoid mowing grass or gardening

## Timing Strategies

- Pollen highest: 5am-10am and dusk
- Best time outdoors: after rain
- Avoid windy days when possible
- Plan activities for mid-afternoon

### Natural Remedies

- Saline nasal rinses twice daily
- Local honey (1 tsp daily)
- Quercetin-rich foods (onions, apples)
- Stay well-hydrated

 Start medications before season begins

• Consider probiotics for immune support



### Vour Current Medication Plan

### **Daily Antihistamine**

### Cetirizine 10mg

Take once daily, preferably evening Continue throughout allergy season

### **Nasal Spray (PRN)**

### Beclometasone nasal spray

Use when symptoms worsen 2 sprays each nostril, twice daily



Start medications 1-2 weeks before peak season for best results

# When to Seek Medical Help

### Seek immediate medical attention if you experience:

- Difficulty breathing or wheezing
- Severe facial swelling
- Rapid pulse or dizziness
- Widespread rash or hives
- Severe symptoms not responding to medication

### Emergency: Call 999 | Non-urgent: NHS 111







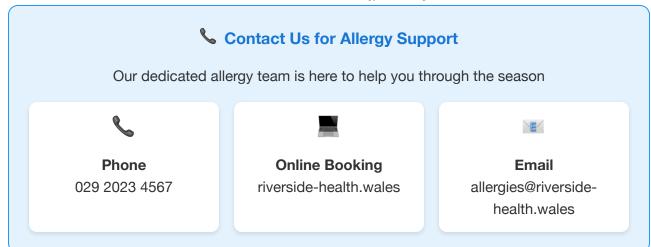




### **Additional Resources:**

- Allergy UK: www.allergyuk.org Comprehensive allergy information
- Bollen Count Apps: Met Office Weather, Allergy Plus
- 🗲 Cardiff Pollen Info: www.cardiff.ac.uk/pollen-forecast
- Allergy Clinic: Book annual reviews in February

8/28/25, 10:21 PM Allergy Season Tips



Remember, Mrs Evans, that managing seasonal allergies is about preparation and consistency. Start your prevention strategies early, take medications as prescribed, and don't hesitate to contact us if your symptoms worsen or if you have any questions.

Wishing you a comfortable allergy season,

### **Dr. Amanda Phillips**

General Practitioner & Allergy Specialist MBChB, MRCGP, Diploma in Allergy Medicine Riverside Family Health Centre

Practice Hours: Mon-Fri 8:00-18:00 | Sat 9:00-12:00 | Allergy Clinic: Wed & Fri afternoons
Out of Hours: NHS 111 | Emergency: 999

Riverside Family Health Centre is committed to helping you manage your allergies effectively.

This advice is based on current medical guidelines and your personal health record.

Practice Registration: W98765 | Next allergy review due: March 2026