# Hay Fever and Asthma: Managing Pollen Exposure and Inhaler Guidelines for Summer



### Hay Fever and Asthma: Pollen-Related Concerns and New Inhaler Guidelines for Summer

As summer progresses, pollen levels in the UK are high, exacerbating hay fever symptoms for many. One common activity that could be worsening these symptoms is drying laundry outdoors. Pollen can cling to clothes, sheets, and towels when they are hung outside, leading to increased exposure and aggravation of hay fever symptoms. The Met Office reports that the pollen count ranges from moderate to very high, especially between May and July.

Experts advise minimizing pollen exposure to alleviate symptoms. Recommendations include staying indoors on dry, windy days, showering after outdoor activities, and opting to dry clothes indoors. If drying clothes outside is necessary, it is suggested to avoid early mornings and dusk when pollen levels are highest.

In related news, new guidelines for asthma inhaler use have been introduced by the Scottish Intercollegiate Guidelines Network and the British Thoracic Society. Asthma sufferers, particularly those using reliever inhalers like salbutamol (Ventolin), are encouraged to switch to combination inhalers that contain both relievers and preventers. This change is aimed at reducing over-dependence on reliever inhalers, which may cause side effects and do not treat underlying inflammation.

These guidelines follow concerns from the Global Initiative for Asthma and align with findings that a significant number of asthma patients overuse relievers while neglecting preventers. The updated guidance aims to improve asthma management by ensuring patients treat both symptoms and underlying causes.

For those dealing with both asthma and hay fever, managing pollen exposure and adhering to updated inhaler guidelines can provide relief and control over symptoms.