1. Don’t mow your lawn

If grass makes you sneeze, get someone else to mow your lawn.

2. Create a barrier
Smear Vaseline inside your nostrils. This acts as a filter for the pollen.
3. Time it right
Don’t sit outside between 4pm and 7pm or in the early morning, as the pollen count is highest at these times. If you go out, or need to hang out the washing, do it after mid morning or before mid afternoon.

4. Shut the windows
Don’t sleep or drive with the windows open, as this will allow pollen to come in.

5. Damp dust regularly
Dusting with a wet cloth, rather than a dry one, will collect the dust and stop any pollen from being spread around.

6. Wash your hair
Pollen is sticky and may be in your hair. It can then transfer to your pillow when you go to bed, and will affect you during the night. If you’ve been out in the evening, wash your hair at bed time, as clean hair can help you sleep better.

7. Vacuum
Pollen can live in carpet for up to three months, so get vacuuming.

8. Think about your medication
Talk to your GP or pharmacist about any treatment you’re taking for hay fever as it might be worth trying a new treatment. The same antihistamine [anti-allergy treatment] doesn’t always work for someone year after year. Try something different, such as a nasal spray or a new antihistamine. Most people wait until they get allergy symptoms start before they take treatment, but you really need to start at least two weeks before, so that the antihistamine is already in your system when pollen triggers your hay fever. You can also call the Allergy UK helpline for more information.

9. Don’t ignore hay fever
Hay fever can make everyday life uncomfortable and tiring, with sneezing, watery eyes, runny nose and an itchy throat. However, there are hay fever treatments available and symptoms can get better. Hay fever can also increase your risk of asthma. If you get hay fever, you’re more likely to get asthma so it’s important to take hay fever seriously and try to treat the symptoms.

At Addenbrooke’s we’re aiming to open a new Allergy Therapy centre within the next 12 months.

Dr Pamela Ewan is an allergy consultant at Addenbrooke’s hospital and President of the British Society for Allergy and Clinical Immunology