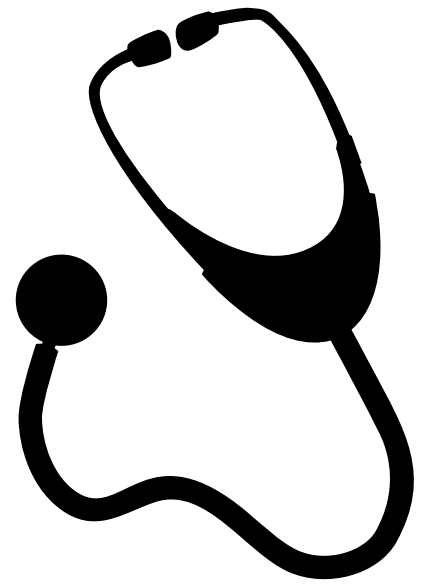


HAY FEVER

Did you know you can get your hay fever medicines from your local community pharmacy?

The NHS has been spending **£136 million** a year on medicines that can be bought over the counter. By helping to save costs, priority could potentially be given to more serious conditions such as cancer and mental health problems.



The following table shows the typical costs of antihistamines - these are not indicative of permanent prices, offers or prices across other pharmacies or shops

ANTIHISTAMINE	PRICE
Cetirizine (30 tabs)	£1.99
Loratadine (30 tabs)	£1.99
Chlorphenamine (30 tabs)	£2.99
Benadryl (Acravastine) (12 caps)	£4.79
Allevia (Fexofenadine) (15 tabs)	£5.89

When you should speak to your GP:

- if you require treatment all year round
- if you are pregnant or breastfeeding
- you experience breathlessness, tightness in your chest or wheezing
- if needing something for a child under the age of 1
- when referred by a pharmacist

More information is available at:
1a-over-the-counter-leaflet-v1.pdf
([england.nhs.uk](https://www.nhs.uk))

<https://www.nhs.uk/conditions/hay-fever/>

