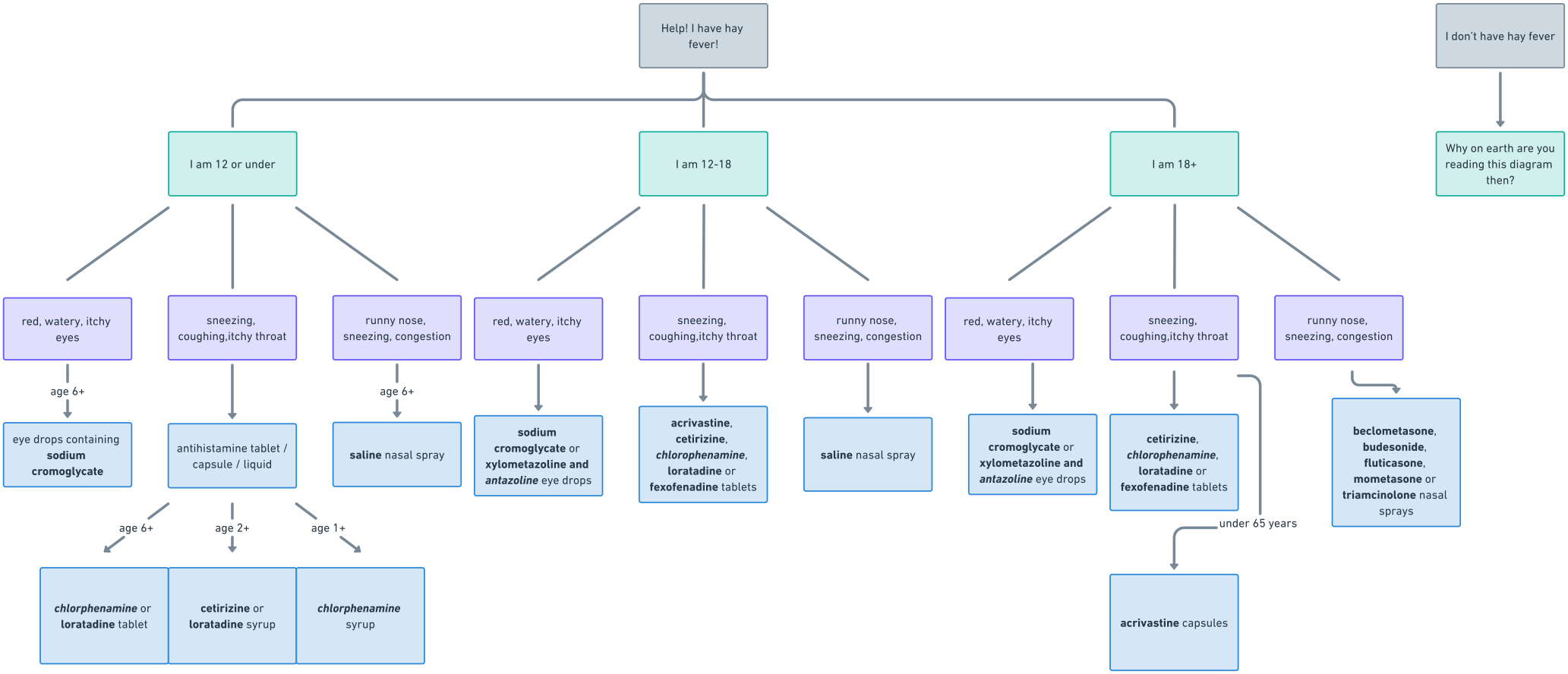
Help! I have hay fever!
I don't have hay fever
Why on earth are you reading this diagram then?
I am 12 or under
I am 12-18
I am 18+
red, watery, itchy eyes
age 6+
eye drops containing **sodium cromoglycate**
sneezing, coughing,itchy throat
antihistamine tablet / capsule / liquid
age 6+
chlorphenamine or **loratadine** tablet
age 2+
cetirizine or **loratadine** syrup
age 1+
chlorphenamine syrup
runny nose, sneezing, congestion
age 6+
saline nasal spray
red, watery, itchy eyes
sodium cromoglycate or **xylometazoline and *antazoline*** eye drops
sneezing, coughing,itchy throat
acrivastine, **cetirizine**, ***chlorophenamine***, **loratadine** or **fexofenadine** tablets
runny nose, sneezing, congestion
saline nasal spray
red, watery, itchy eyes
sodium cromoglycate or **xylometazoline and *antazoline*** eye drops
sneezing, coughing,itchy throat
cetirizine, ***chlorophenamine***, **loratadine** or **fexofenadine** tablets
under 65 years
acrivastine capsules
runny nose, sneezing, congestion
beclometasone, **budesonide**, **fluticasone**, **mometasone** or **triamcinolone** nasal sprays