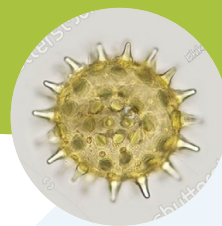


# Fun facts and information about Hay Fever

Pollen that spoils our outdoors fun

**1 in 4**  
Dutch people  
suffer from  
hay fever.<sup>1</sup>



## Pollen

Pollen are the tiny grains released by, for example, trees, grasses, or weeds. They are released during various seasons.

Pollen are microscopic, and their size and shape differ depending on the plant species. Under the microscope, pollen grains have a wide variety of shapes and structures.

**Hay fever is an allergy to grasses, trees, and/or weeds. Also known as pollen allergy or allergic rhinitis.**

The first symptoms of hay fever often appear between ages **10 and 20**.<sup>2</sup>

There are about **300** different types of grasses in the Netherlands.<sup>3</sup>

Hay fever affects up to **40%** of people in Europe.<sup>4</sup>



In pollen season, pollen grains become airborne.



On warm and windy days, they can travel over great distances – so they can end up almost anywhere



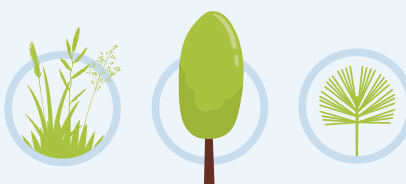
When pollen comes into contact with your nose or eyes, it can trigger allergy symptoms.

## Allergy symptoms

- Watery eyes
- Itchy eyes
- Runny nose
- Stuffy nose
- Sneezing fits
- Ticky cough
- Shortness of breath
- Itching
- Fatigue
- Poor sleep



Fully [online article](#) about hay fever

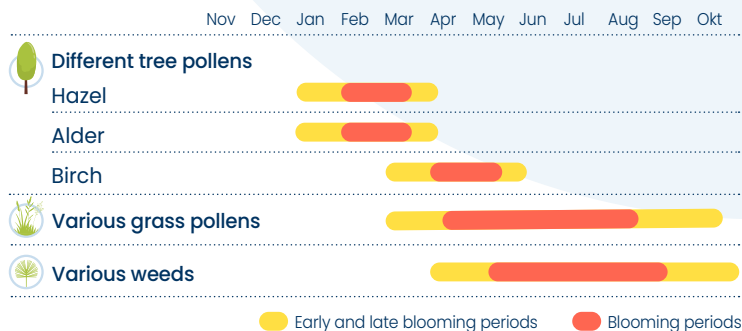


## What are the real culprits?

These are the strongest allergens by type, causing the most complaints:

- Grasses:** all kinds
- Trees:** Birch, Alder, and Hazel
- Weeds:** Mugwort, Plantain, and Ragweed

## Pollen calendar

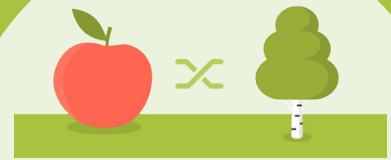


What can you do yourself? Read all about it on [Allesoverallergie.nl](http://Allesoverallergie.nl)

References: 1. World Health Organisation (of WHO) - accessed June 2007 2. [https://www.rivm.nl/Onderwerpen/k/Kosteneffectiviteit\\_van\\_preventie/Economische\\_evaluatie/Ademhalingswegen/Allergie/Factsheet\\_Grazax\\_ter\\_preventie\\_van\\_hoikoorts](https://www.rivm.nl/Onderwerpen/k/Kosteneffectiviteit_van_preventie/Economische_evaluatie/Ademhalingswegen/Allergie/Factsheet_Grazax_ter_preventie_van_hoikoorts) 3. <https://www.pollennieuws.nl/post/?permalink=allergische-hoikoorts-reactie-door-het-pollen-van-grassen> 4. D'Amato G, Cecchi L, Bonini S, Nunes C, Annesi-Maesano I, Behrardt H, Liccardi G, Popov T, Van Cauwenberge P. Allergenic pollen and pollen allergy in Europe. Allergy, 62: 976-990 (2007).

# What you can do about Hay Fever

Avoid, diagnose, and treat



**Fun fact: did you know that eating an apple can make your mouth itch if you have hay fever?** You may experience tingling or swelling in your throat, mouth, or lips — this is called a cross-reaction.

## Limiting and avoiding allergens

**Stay indoors** when there is a lot of pollen in the air. Prefer to go outside in the morning and/or evening, when pollen levels are usually lower.



Wear a wide-brimmed **hat**, wraparound **sunglasses**, or even a **facemask** if you do go outside; this can help block pollen.

**Dry your laundry indoors** during pollen season.



## How to tackle hay fever:



**Apply petroleum jelly** around your nose to trap pollen.

**Wash your hair** before bedtime and **wash your hands** regularly throughout the day.



Keep **windows and doors closed** and consider using **air conditioning** or an **air purifier**.

## Do you have hay fever? Then klarify is the app for you!

The [klarify app](#) helps you manage your allergy in a smart way.



## Consult your doctor for a diagnosis and treatment advice

Prepare for your doctor's visit with our handy checklist. Or [explore options](#) for an online consultation.



## Treatment options



### Diagnosis

A doctor determines the diagnosis based on your complaints and an allergy test, such as:

- Skin prick test: Allergens are placed in the skin with a tiny lancet. After 15–20 minutes, you're checked for red, itchy bumps.
- Blood test: A sample is analyzed in the lab; results usually take 1–2 weeks.

### Symptomatic therapy

Medications such as antihistamines and nasal sprays with corticosteroids can quickly relieve your symptoms.

### Allergy immunotherapy

Immunotherapy resets your immune system. You are given tiny amounts of your allergy trigger so your immune system gradually learns to tolerate it.

