



Please call 911 if you think you have a medical emergency.

Hay Fever Treatment

Hay fever does not always require medical treatment.

Self-Care at Home

Avoid known or suspected allergens.

Hay fever symptoms lend themselves to home treatment.

- Gargle with warm salt water, 1-2 tablespoons of table salt in 8 ounces of warm water, to soothe a mildly sore throat.
- Take nonprescription antihistamines such as diphenhydramine (Benadryl) to relieve symptoms of sneezing, runny nose, and itchy throat and eyes. Caution – most nonprescription antihistamines may make you too drowsy to drive a car or operate machinery safely. Loratadine (Claritin) is now available without a prescription and does not cause drowsiness.
- For stuffy nose, a combination of an antihistamine and a decongestant such as pseudoephedrine (Sudafed, Actifed) may work better.

Medical Treatment

The best treatment overall is to avoid contact with your allergen. Since this is rarely possible, you may want to take medication to reduce the symptoms.

The treatment of hay fever depends on the severity, symptoms, and consequences of the disease.

more information from eMedicineHealth

- [When to Seek Medical Care](#)
- [Exams and Tests](#)
- [Next Steps](#)
- [Prevention](#)
- [Outlook](#)

For more information, read the complete article, Hay Fever (<http://www.emedicinehealth.com/script/main/art.asp?articlekey=59366>) on <http://www.emedicinehealth.com>.

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