[Allergic Rhinitis and Hay Fever Allergy Advice](https://gbr01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.allergyuk.org%2Fwp-content%2Fuploads%2F2024%2F01%2FAllergic-Rhinitis-and-Hay-Fever-v2.pdf&data=05%7C02%7Cemma.alford%40nhs.net%7Ca1c87e119ee144285f0c08dc43a29b10%7C37c354b285b047f5b22207b48d774ee3%7C0%7C0%7C638459612882587362%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C0%7C%7C%7C&sdata=7VNr8Ht5pg9POBAru7zso8opzh5Z7XEKOOmt4J04l5A%3D&reserved=0)