

Symptoms of hay fever include

- sneezing and coughing
- a runny or blocked nose
- itchy, red or watery eyes
- itchy throat, mouth, nose and ears
- loss of smell
- pain around your temples and forehead
- headache
- earache
- feeling tired
- If you have asthma, you might also:
 - have a tight feeling in your chest
 - be short of breath
 - wheeze and cough
- Hay fever will last for weeks or months, unlike a cold, which usually goes away after 1 to 2 weeks.

