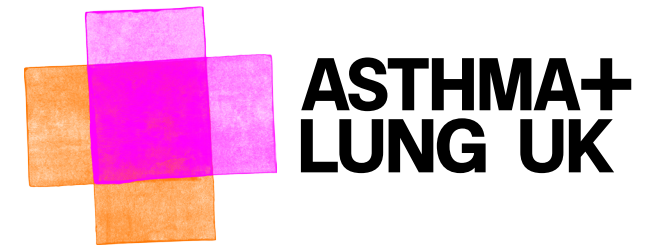
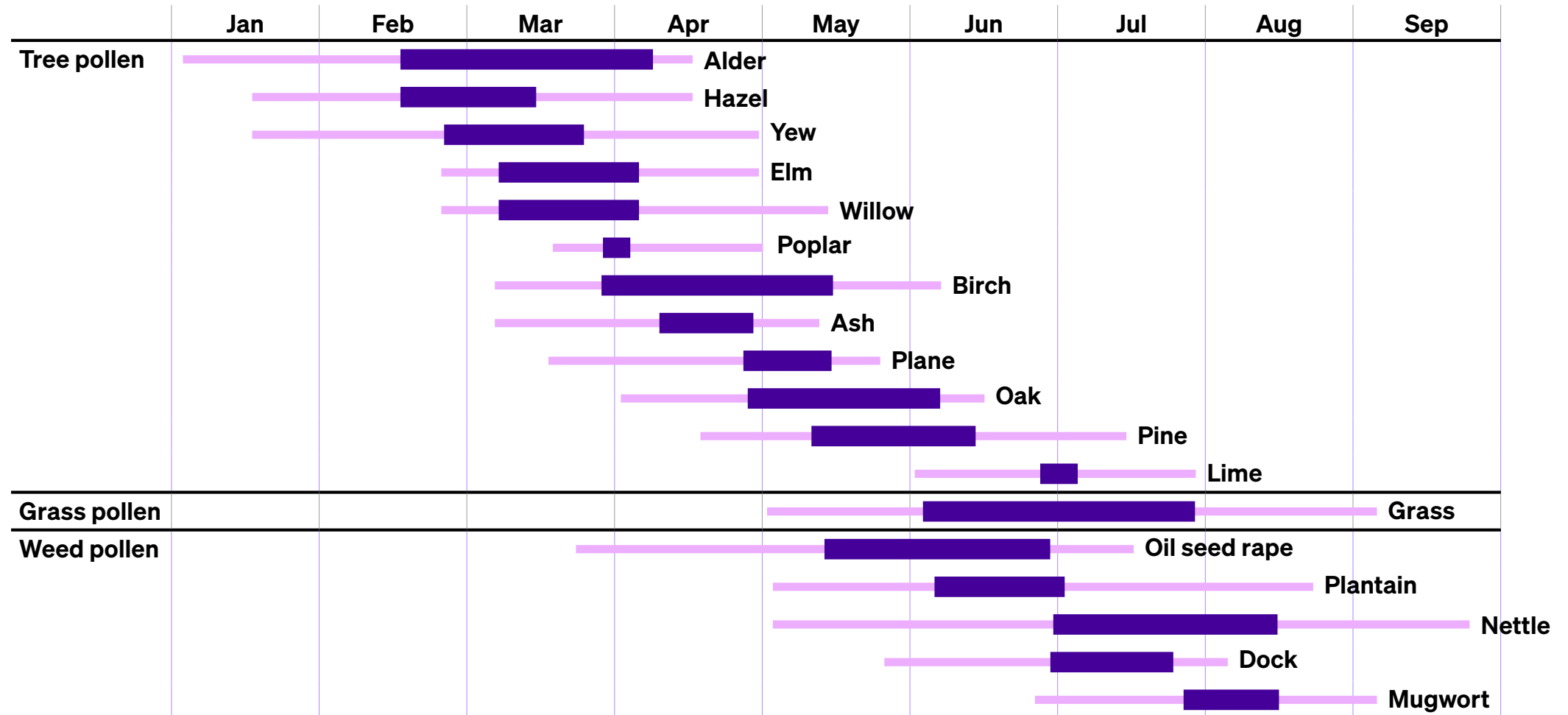


Pollen calendar



— Pollen season ■ Pollen peak



1 Take your preventer or regular daily medicine as prescribed

2 Take hay fever medicines

3 Keep your reliever inhaler with you