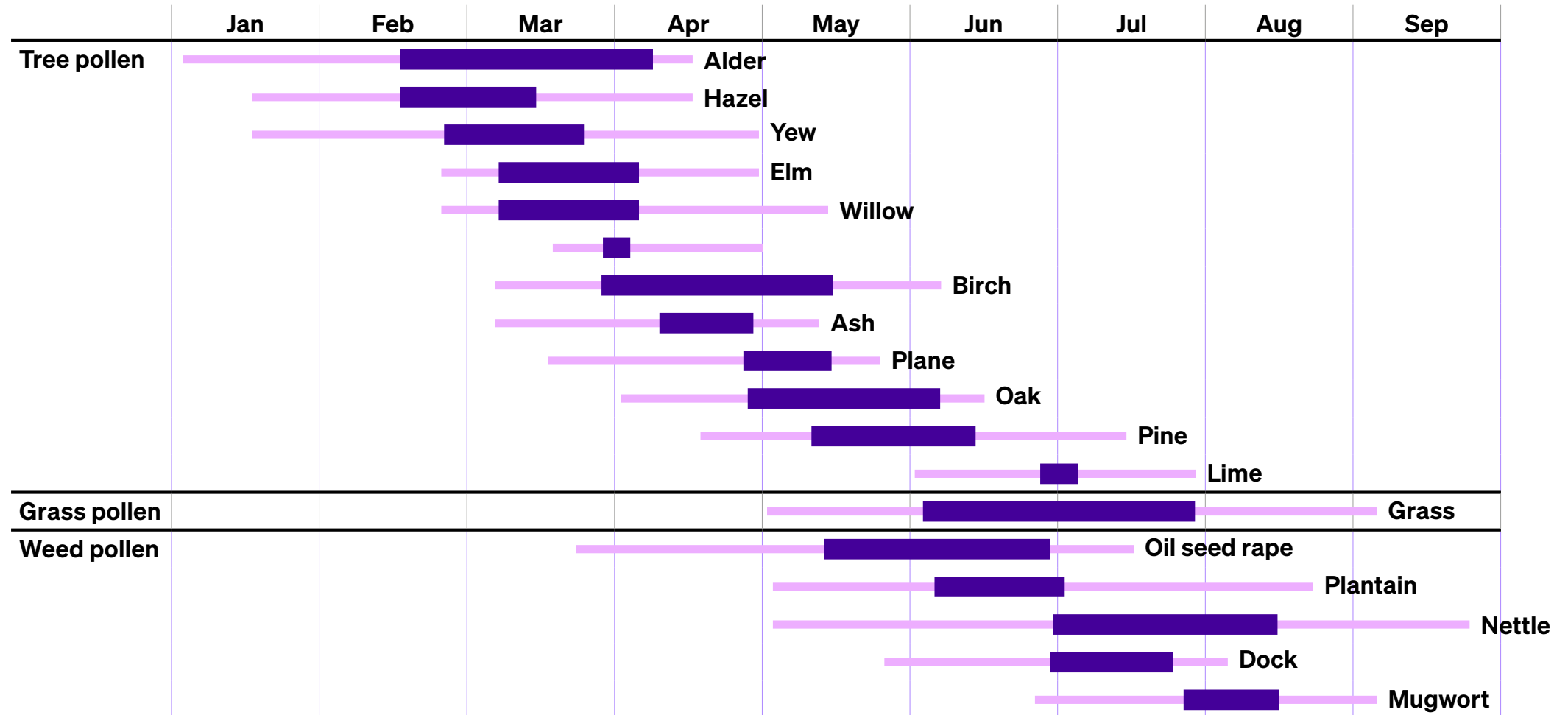


Pollen calendar



— Pollen season ■ Pollen peak



1 Take your preventer medicine every day, as prescribed

2 Take hay fever medicines

3 Keep your reliever inhaler with you