

May 2016



Allergies

The Human Resources Department, in conjunction with Mission Regional Medical Center and other vendors, hosts health and wellness seminars each month. Employees receive health tips to take home and a plan for taking better care of themselves. Please make plans to attend. Sign up now by calling Human Resources at 580-8631 or emailing achapa@missiontexas.us

Our mission is to promote health awareness and to encourage healthy lifestyles.

Health & Wellness Seminar

It's hard enough to cope with allergies on the weekend, but dealing with allergies at work is even more challenging! Ask anyone who's ever dozed off in the middle of an important meeting because of allergy symptoms or medications. Allergy symptoms are the Number 2 reason adults miss work.

How can you manage allergies at work?

Experts recommend a three-pronged approach that includes:

-  Accurate diagnosis
-  Environmental control
-  Medication

Get Allergy Tests

Many people assume they know what triggers their allergies, but they can be dead wrong. Once you've seen an allergist for an accurate assessment of your allergies, it's time to figure out how to minimize exposure to the allergens. That's easier to do at home, where you can control the environment, but there are things you can do at work to try to keep allergens at bay.

Manage your Work Environment to Limit Allergens

Many large office buildings already have air filtration systems, but smaller offices are more likely to have problems. You can ask that the air filters be changed to high-efficiency filters. If you have your own office, you can also bring in a portable HEPA filter for that space. Other things you can do to improve your office environment:

-  Ask to have carpet removed or replaced from your office/cubicle.
-  Turn on the AC which can help to clear out some allergens.
-  Avoid bringing soft items into your office, like pillows for your chair or collectible stuffed animals. (Allergens can collect on them)
-  If you see water damage in the office, ask to have it fixed—mold can collect there.
-  Plan your schedule carefully. If you see that the forecast is for a high pollen count, consider eating in the office cafeteria that day instead of going out to lunch.

Find the Right Allergy Medication for You

To avoid meandering through your workday like a zombie, first try treating individual symptoms rather than using systematic medications. For example, if congestion is what's driving you crazy, use nasal sprays. If it's watery eyes, use eye drops like natural tears to clear the allergens from the eyes. No matter which allergy medication you choose, be proactive in your treatment.

Source: WEBMD



Thursday, May 19, 2016

2:30 p.m. – 3:30 p.m.

Council Chambers

Presented by:

Dr. Jaspreet Kaur, Internal Medicine

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