



Health & Wellness Training Series ALLERGIES

Thursday, April 26, 2012 from 2:30pm—3:30pm

City Hall—Council Chambers

Speaker: Dr. Angel Claudio, MD

Specializing in Internal Medicine

Allergy Tips for Your Nose Woes

Itchy, watery eyes, runny nose and sneezing – they can make you feel like you're allergic to life. You want relief from these allergy symptoms, but you're not sure what your options are. You may even be taking allergy medications, but your symptoms still persist. How can you avoid allergy attacks and make living with allergies more bearable?

One of the best steps you can take is to avoid the substances (allergens) you're allergic to*. This holds true for allergic rhinitis — allergies to mold, pollen and pet dander — or allergies to specific foods or drugs. Strategies may vary depending on what you're allergic to.

Try these tips for avoiding dust mite or mold allergies:

- Maintain a humidity level of 50 percent or less in your home.
- Use an air conditioner in the summer.
- Cover your mattress, box spring and pillows with plastic or allergen-proof covers.
- Remove carpeting.
- Purchase non-upholstered furniture and washable draperies.

If you're allergic to pollen:

- Stay indoors when pollen counts are high.
- Keep windows in your home and car closed.

For pet dander or cigarette smoke allergies:

- Keep pets outside if possible.
- Institute a "No smoking" policy in your home.
- Avoid exposure to cigarette smoke.

Find more ways to clear the air on your allergy symptoms by visiting Blue Access® for Members at www.bcbstx.com.

* Mayo Foundation for Medical Education and Research



The Human Resources Department in conjunction with Mission Regional Medical Center will be hosting health and wellness training seminars each month. Employees will 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 rpalomo@missiontexas.us.

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

Questions? Contact the Human Resources Department at 956-580-8630.

