

Health & Wellness

Tip of the Week

May is all about focusing on **Allergies**. It is the perfect time to remind you about the different types of allergens and other triggers and how to keep allergy symptoms to a minimum.

Week 18
May 2, 2016

Nip Allergies In The Bud

Pollen, mold, pets, dust mites or other allergens can trigger allergic reactions in those who are sensitive to them. Try these suggestions to help your symptoms:

- 🌻 Keep windows and doors closed and air conditioning on during allergy season.
- 🌻 Install a good air filter at home.
- 🌻 Avoid mowing the lawn or raking leaves as much as possible.
- 🌻 Repair any moisture problems in your home.
- 🌻 Use dust-proof covers on your mattress and pillows.
- 🌻 Keep your pet out of the bedroom and remove the animal from the house if possible.

Source: Mayo Foundation for Medical Education and Research



Human Resources
1201 E. 8th Street
Mission, Texas 78572