

Health & Wellness Tip of the Week

Week 18
May 1, 2017

May is all about Allergies

It is the perfect time to remind everyone about the importance of preventing and protecting yourself from seasonal allergies.



Cold or Allergies?

Learn to Decipher the Differences Between a Cold and Seasonal Allergies

Sometimes it can be very difficult to tell the difference between a cold and a seasonal allergy. Both conditions come with runny, stuffy, or itchy nose, sneezing, coughing, tiredness, and even headache, but the root cause often lies in the minor details.

Seasonal allergies often involve more itching in the nose, fits of sneezing, and rubbing your nose in an upward motion. You may also experience an itchy, scratchy throat or itchy eyes; whereas with a cold, you usually don't. Also, nasal discharge is usually clear with a seasonal allergy and yellowish with a cold.

Sources: Cincinnati Children's Hospital Medical Center

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

