

Health & Wellness Tip of the Week

Week 22
May 29, 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.

SEASONAL ALLERGIES



Seasonal Allergies

If you sneeze and cough, or your nose and eyes itch and are runny during certain times of the year, you may have seasonal allergies. Grass, pollen and mold are the most common triggers of seasonal allergies.

While the term “seasonal allergies” generally refers to grass, pollen and mold, there is a different group of allergy triggers that are closely tied to particular seasons. Among them:

- ✿ Smoke – Campfires in the summer, fireplaces in winter
- ✿ Insect bites and stings – These are usually in the spring and the summer.
- ✿ Chlorine in indoor and outdoor swimming pools
- ✿ Candy ingredients (Halloween, Christmas, Valentine’s Day, Easter)
- ✿ Pine trees and wreathes – (Thanksgiving to Christmas time)

Sources: American College of Allergy, Asthma, & Immunology

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