

Health & Wellness Tip of the Week

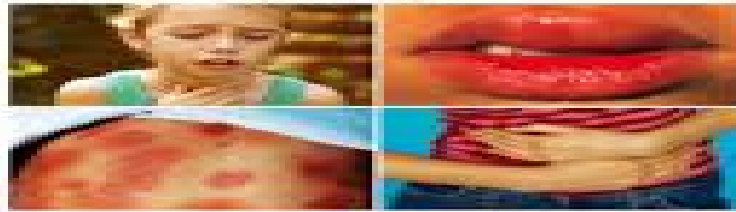
Week 20
May 15, 2017

May is all about Allergies

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

What is Anaphylaxis

- Anaphylaxis is a severe, potentially life-threatening allergic reaction.
- It can occur within seconds or minutes of exposure to something you're allergic to, such as the venom from a bee sting or a peanut.



Anaphylaxis

In most cases, people with allergies develop mild to moderate symptoms, such as watery eyes, a runny nose or a rash. But sometimes, exposures to an allergen can cause a life-threatening allergic reaction known as anaphylaxis. This severe reaction happens when an over-release of chemicals puts the person into shock. Allergies to food insect stings, medications and latex are more frequently associated with anaphylaxis.

A second anaphylactic reaction, known as a biphasic reaction, can occur as long as 12 hours after the initial reaction.

Call 911 and get to the nearest emergency facility at the first sign of anaphylaxis, even if you have already administered epinephrine, the drug used to treat severe allergic reactions. Just because an allergic person has never had an anaphylactic reaction in the past to an offending allergen, doesn't mean that one won't occur in the future. If you have had an anaphylactic reaction in the past, you are at risk of future reactions.

Sources: American College of Allergy, Asthma, & Immunology

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