

# Health & Wellness Tip of the Week

Week 21  
May 22, 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.

# S.A.F.E

## Be S.A.F.E

Allergists and emergency physicians have teamed up to create the Be S.A.F.E. action guide to help you remember steps to take during and after an allergic emergency.

**Seek immediate medical help.** Call 911 and get to the nearest emergency facility at the first sign on anaphylaxis, even if you have already administered epinephrine, the drug used to treat severe allergic reactions. If you have had an anaphylactic reaction in the past, you are at risk of future reactions.

**Identify the Allergen.** Think about what you might have eaten or come in contact with – food, insect sting, medication, latex – to trigger an allergic reaction. It is particularly important to identify the cause because the best way to prevent anaphylaxis is to avoid its trigger.

**Follow up with a specialist.** Ask your doctor for a referral to an allergist/immunologist, a physician who specializes in treating asthma and allergies. It is important that you consult an allergist for testing, diagnosis and ongoing management of your allergic disease.

**Carry Epinephrine for emergencies.** Kits containing fast-acting, self-administered epinephrine are commonly prescribed for people who are at risk of anaphylaxis. Make sure that you carry an epinephrine kit with you at all times, and that family and friends know of your condition, your triggers and how to use the epinephrine.

*Sources: American College of Allergy, Asthma, & Immunology*

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