



ALLERGY SEASON GOT THE BEST OF YOU?

More than 50 million Americans suffer from allergies each year. Allergies may contribute to feeling unproductive and uncomfortable, especially at work. Depending on what part of the country you live in, Spring allergies can start as early as February and last until early Summer. According to the American College of Allergy, Asthma and Immunology, a mild Winter can cause plants to pollinate early and a rainy Spring can cause plants and mold to grow, causing allergy symptoms to blossom as well.

Main Symptoms

- Sneezing
- Stuffy or runny nose
- Itchy, watery eyes

Here are some helpful tips on preventing, managing and treating your seasonal allergies to help you stay productive at work:

Symptoms

Prevention & Management

Treatment

Staying Productive at Work

Nip allergies in the bud



You can manage and even prevent hay fever

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 out of the house as much as possible

Without hay fever symptoms, life can be a little rosier. Start living allergy-free today.



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Treatment

Depending on the severity of your allergies, some treatment options are:

- Over-the-counter antihistamine medications which work by blocking the effects of histamines, to reduce itching, sneezing and a runny nose
- Nasal sprays can help to reduce nasal inflammation, congestion and runny nose
- Decongestants help reduce swelling that causes a stuffy nose

Of course, talk to your doctor to determine which option or combination of options is best for you. If your symptoms are more severe, further testing may be needed to determine what exactly you're allergic to.

Staying Productive at Work

While some people may think that their allergy is work-related, stress doesn't cause allergies, but it can make your allergies worse. Allergy medications can also contribute to fatigue. If taking allergy medication while at work, be sure to take a non-drowsy medication to stay alert. Again, be sure to talk to your doctor to determine the medication that's best for you. Experts recommend the following approach to get started:

- Accurate diagnosis
- Environmental control
- Medication

Some helpful websites:

www.weather.com/allergy-tracker

<http://www.webmd.com/allergies/quiz.index>

Comments? Is there a topic you'd like more information on? Contact us at: hr@medhq.net



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