



# BalanceWorks® Newsletter

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## Spring Allergies

Spring is a beautiful and colorful season full of rebirth and renewal, but for many people springtime is synonymous with allergies. Seasonal allergies tend to peak in the spring. As the weather warms, plants bloom and trees and grass release pollen into the air. This pollen is what triggers an allergic reaction for many seasonal allergy sufferers.

Certain trees are known to cause severe allergies including:

- Oak
- Olive
- Elm
- Birch
- Ash
- Hickory
- Poplar
- Sycamore
- Maple
- Cypress
- Walnut

Grass pollen can cause allergies all year, but grass pollen is highest in late spring through early summer.

Contrary to popular belief brightly colored flowers generally do not cause seasonal allergy symptoms unless they are inhaled directly or are inside your home. Flowers rely on insects to pollinate them, unlike trees and grass which are pollinated by the wind, so flower pollen is not in any great concentration in the air.

Seasonal allergies differ from other allergies, such as pet or dust mite allergies, because they are more difficult to control. Pollen is in the air, so if you go outside or even just open a window, it is nearly impossible to avoid.

### Seasonal Allergy Symptoms

- Runny Nose
- Watery Eyes
- Sneezing
- Coughing
- Itchy Eyes, Nose, and Mouth
- Dark Circles Under the Eyes

It can be difficult to differentiate a cold or the flu from allergies, since many of the symptoms can be the

For more information or support on seasonal allergies, contact the work/life experts at **BalanceWorks®** by calling:

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same. Unlike cold and flu symptoms, allergies rarely cause body aches and pains and never cause a fever. Another differentiator is how long symptoms last. A cold typically lasts between 3-14 days and symptoms progressively improve. In contrast, allergy symptoms are present for as long as you are in contact with the trigger, so in the case of a pollen allergy, symptoms can last throughout the entire season if untreated. A good rule of thumb is to check in with your doctor if you have “cold-like” symptoms that last longer than 14 days as it may turn out to be allergies.

## Combatting Seasonal Allergies

If you know that you have a pollen allergy there are steps that you can take to limit your exposure:

Pollen is generally emitted between 5:00 am – 10:00 am, so it is a good idea to avoid early morning activity.

Try to stay indoors when pollen counts are high and on particularly windy days.

Keep your windows closed to minimize the pollen that finds its way into your home.

Wash bedding often to remove any pollen that you bring in from outside.

Change air filters when recommended.

Avoid mowing the lawn and spending time in freshly cut grass.

Avoid bringing fresh flowers into your home.

If vacationing at the height of allergy season, travel to areas where pollen counts will be lower, such as the beach.

If you do have severe seasonal allergies it's best to consult with your doctor as there are a wide variety of both over the counter and prescription allergy medications that can help ease your symptoms. Your doctor can help you figure out what course of treatment will work best for you.

**Wishing you a healthy spring!**

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