



SPRING IS A BUZZING AND BLOOMING



According to AAACI.org, Top five insects that cause the majority of allergic reactions are;

honeybees, hornets, wasps, yellow jackets and fire ants.

According to NIOSH, thousands of people are stung by insects each year, and as many as 90–100 people die as a result of allergic reactions.

This number may be underreported as deaths may be mistakenly diagnosed as heart attack, sunstroke, or other underlying cause.

Best practices: Avoid stinging insects whenever possible:

- Do not complete work that puts you at great risk of being stung.
- Inspect work areas prior to work for signs of insects.
- Wear long sleeves and long pants in case of an insect attack.
- When prescribed have your EPI pen on hand in case of a sting.
- When prescribed ensure your coworkers know where your EPI pen is.

If you suspect someone is suffering some type of serious allergic reaction immediately call 911, even if an EPI pen has been used.

Symptoms of an insect bite

- Pain
- Redness
- Swelling (in area of sting and sometimes beyond)
- Flushing
- Hives
- Itching
- Anaphylaxis



Anaphylaxis - is the most serious reaction to allergens.

- Life-threatening whole-body allergic reaction
- Impair your breathing,
- Dramatic drop in your blood pressure,
- Affect your heart rate.

Anaphylaxis requires immediate medical treatment, including an injection of epinephrine and a trip to a hospital emergency room.

Sneezing, Irritated Skin, Watery Eyes – it's springtime again, and allergy season is upon us.



Allergies are triggered by grass, ragweed pollen, mold, vegetation, and rotting wood. Depending on what part of the country you live in, allergy season varies in response to temperatures, wind currents, rainfall, and humidity levels. In terms of health, wellness, and productivity, asthma is one of this country's most common and costliest diseases. In fact, according to estimates One or more of the following treatments may help to reduce seasonal allergies' symptoms:

Non-Medical Approaches - Minimize Allergy Symptoms.:

- 1) **Keep Pollen Out.** Minimize or eliminate contact with allergy triggers by closing doors and windows in your home, especially on high-pollen days.
- 2) **Monitor Pollen Counts.** Check a TV weather channel or online weather sites for pollen forecasts
- 3) **Wash Out the Pollen.** Wash your hands after being outdoors. Shower or bathe to wash the pollen out of your hair after being outdoors for a long time and change into fresh clothes, which will prevent pollen from spreading around your home.
- 4) **Protect Your Eyes.** Wear wraparound glasses when outside and don't rub or touch your eyes, as this will only make the symptoms worse.
- 5) **Stay Cool.** Hold a clean face cloth soaked in ice-cold water over closed eyes for five to 10 minutes to reduce itchiness, says the Canadian Association of Optometrists.
- 6) **Lock Out Allergens.** Close car windows when driving or riding in a car.
- 7) **Dry laundry Inside.** Avoid hanging just-washed laundry in the pollen-filled summer breeze.



Discussion Points:

- Do we have honeybees, hornets, wasps, yellow jacket or fire ants in our yard?
- What do we do if we find an insect nest?
- Does anyone have an allergy to insect stings?
- Has anyone experienced someone suffering from a severe allergic reaction?
- What are some of the seasonal allergens located in our yard?



Staying Informed:

For those affected by seasonal allergies check local allergen conditions, and pollen counts in the area. Typically, pollen counts are lower on cold, wet days and higher on warm, windy days, peaking in the morning hours and bottoming out in the afternoon.

- Rinse the nose with a saline solution to help relieve and reduce hay fever
- Take antihistamines to help reduce itching, sneezing, and a runny nose
- Take decongestants to help reduce a stuffy nose

costs associated with allergy treatment and low productivity at work reach more than \$2.5 billion