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# Wellness Works

## Seasonal Spring Allergies

Flowers and trees are budding. For many of us, spring allergies are also blooming. Sneezing, itchy watery eyes, and other symptoms can disrupt your life during spring & early summer. Luckily, you can take steps to help you enjoy this season despite those “blooming allergens”.

First, decide if it’s a cold or allergy. If you tend to get sick every year at the same time, having the same symptoms, it’s possible you’re dealing with a seasonal allergy.

Symptom	Allergy	Cold
Sneezing	Usually	Usually
Runny Nose	Usually	Usually
Stuffy Nose	Usually	Usually
Itchy Eyes	Usually	Rarely
Sore Throat	Sometimes	Usually
Cough	Sometimes	Usually
Fatigue	Sometimes	Sometimes
General Aches and Pains	Never	Sometimes
Fever	Never	Rarely

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### ADDITIONAL INFORMATION

Learn more about managing allergies at [www.cisbenefits.org](http://www.cisbenefits.org). Or, access detailed information available through your medical plan.

[www.myRegence.com](http://www.myRegence.com); login is necessary.

- To speak with a Regence Disease Management Nurse about a chronic asthma or allergy condition, call 1-866-543-5765.

[www.kp.org](http://www.kp.org)

- To speak with a Kaiser Health Coach about resources for allergies or asthma, call 1-866-301-3866.

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## Practical Solutions

Next, consider PRACTICAL SOLUTIONS to help manage a seasonal allergy - which are often associated with grass and plant pollens that float around in the air.

- Keep your windows closed
- Minimize outdoor exposure when pollen counts are high
- Talk with your health care provider regarding treatment options.

## Treatment Choices

Next, as needed, consider TREATMENT CHOICES. Many allergy medications are available over the counter, while others require a prescription. Ask your doctor about these options:

**Antihistamines** - relieve sneezing, runny nose and itchiness

**Decongestants** - allow you to breathe more easily

**Corticosteroid & cromolyn sodium nose sprays** - can prevent nasal swelling. Also ask about salt-water rinses.

**Allergy eye drops** - can help reduce itching, redness and tearing

**Allergy shots** - can help reduce allergy symptoms over time.

*Wishing you a healthy & well spring.*

It's all about **TRUST.**

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