

# NBSIA Member Services Safety Bulletin

May 2018

## SPRING TIME ALLERGY AND PEST AWARENESS



It is often said that, “April showers bring May flowers,” but seasonal change also brings an influx of insects and allergens. This year, California is experiencing a Super Bloom of wildflowers due to heavy rainfall after years of drought. Although beautiful, the Super Bloom is contributing to higher pollen counts—which worsens allergy symptoms and brings out more pests. Here are some tips to help protect you from bug bites and sneezes this spring.

### Bites, Stings and Itchy Things

- When entering/exiting buildings or vehicles, close doors behind you to prevent bugs from entering.
- When working outside where insects (such as bees, mosquitoes or ticks) may be present, wear long pants, socks and long-sleeved shirts. Check yourself thoroughly for “hitchhikers”.
- Use non-aerosol insect repellents. Those containing DEET are most effective.
- Most bites and stings are not cause for a doctor’s care. If the area swells worse than normal, is warm in temperature, or you feel symptoms that signal an allergic reaction, seek medical attention.
- Avoid disturbing insect hives or homes. If you must do so, be sure to wear appropriate personal protective equipment.

### Pollen, Pollen Everywhere!

- Be aware of your allergies and take care to avoid exposure to them.

- Pollen counts are highest mid-day. If you need to be outdoors, consider wearing a dust mask to limit your intake of pollen.
- If possible, avoid outdoor exposure on extra windy days when more pollen is in the air.
- Keep your space clean. “Spring cleaning” helps eliminate allergens in your everyday spaces.
- If needed, and under the supervision of your doctor, use allergy medicines as appropriate.
- Wear cotton clothing. Synthetic fabrics, when rubbed together, create static that attracts pollen.
- Take off your shoes when you go into your house; to prevent spreading pollen and allergens.
- If you have been outdoors, shower as soon as you can and change clothing to remove pollen and reduce exposure.
- Wear gloves when doing yard work. Try to avoid directly touching plants and grass.

### Things that Creep, Crawl and Slither

Warm weather awakens critters and brings them out into the sun. Beware of your surroundings to avoid confrontation with snakes, squirrels, birds and other animals.

- Be cautious of holes in the ground that might be home to snakes, gophers or squirrels. Avoid stepping on or around holes.
- Do not approach animals, if you come across an animal that must be moved, call Animal Control.



### Contact Us

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