



Click [here](#) for more information on Allergens & Pollen Your Health

FIGHT SPRING ALLERGIES

According to the American College of Allergy, Asthma and Immunology, 50 million Americans suffer from allergies each year. Common symptoms of allergies include itchy or water eyes, nasal congestion, post-nasal drip and sneezing. When flowers, trees, weeds and grasses begin to blossom, allergies will follow.

Combat your springtime allergy symptoms this year by keeping these tips in mind:

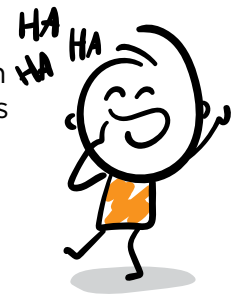
- Changing your air filters often, if possible
- Washing your bedding every week to keep pollen under control
- Vacuuming at least twice a week
- Talking to your doctor to find out whether taking allergy medication is right for you

LAUGH IT OFF AT WORK

April 1st is not only April Fools' Day but also the first day of "Laugh At Work" week. This week is dedicated to having fun (*workplace appropriate, of course*) and recognizing the business value of humor and laughter. It is also a nice release of endorphins into one's body which is attributed to decreasing physical pain, strengthening the immune system and feeling happy.

Why laugh at work? Many of us are working from home or in a hybrid situation and engagement and socializing is more important than ever. Collaboration and relying on your coworkers is important and a great way of building healthy working relationships with one another. A good laugh and release of endorphins increases productivity, teamwork, employee retention and overall job satisfaction.

Whether it is a silent giggle or a hearty laugh, there is no reason to not find a quick moment to laugh and celebrate the present. After all, laughter is the best medicine!



Celebrate Differences. Autism Acceptance Month.

This April, the Autism Society of America celebrates differences as it works to build an inclusive society where individuals with autism live fully through connection and acceptance. The Autism Society serves as the nation's largest and oldest grassroots autism organization. Let's shift from "awareness" to "acceptance" and celebrate our differences. [Click here for more information on the Autism Society of America.](#)



DID YOU KNOW?

Autism is the fastest growing developmental disorder in the United States with 1 in 54 children being diagnosed with autism spectrum disorder; totaling over 5 million young people and adults.