



SAFETY TALK

🌿 Seasonal Allergies vs. Respiratory Illness 🌿

During spring, summer, and fall, many people experience seasonal allergies. However, some symptoms can look like infectious respiratory illnesses. Correctly identifying symptoms helps protect coworkers, clients, and workplace operations.

🌿 What are Seasonal Allergies?

Seasonal allergies occur when the immune system reacts to environmental triggers like pollen, grasses, or mold spores.

Common Allergy Symptoms

Sneezing, Itchy or watery eyes, scratchy throat
Runny or congested nose

Symptoms appear quickly after exposure and occur around the same time each year.

Symptoms improve with allergy medication
NO fever or body aches

Energy level usually is normal
Allergies are not contagious.

🦠 What is a Respiratory Illness?

Respiratory illnesses are caused by viruses or bacteria and can spread to others.

Common Illness Symptoms

Fever or chills

New or worsening cough

Body aches or fatigue

Sore throat

Headache

Shortness of breath

A fever is often present

May include gastrointestinal symptoms
Respiratory illness may be contagious.

🛡️ Workplace Expectations

If you have symptoms:

If it is Likely Allergies

- Continue normal duties if you feel well
- Use appropriate allergy management (medication, avoidance of allergen)
- Follow standard hygiene practices

Possible Respiratory Illness

- Do not attend work if you have fever or feel unwell
 - Follow workplace illness reporting procedures
 - Practice respiratory etiquette and hand hygiene
- Follow [HPEI Respiratory Illness Management policy](#)

Source: [Cold, Flu, or Allergy?](#)
[Is it a cold or allergies? How to tell the difference between symptoms.](#)
[Is it Allergies or a Cold?](#)

Safety is everyone's responsibility!

DATE: _____
FACILITY: _____

SAFETY TALK LEAD BY: _____
DEPARTMENT: _____

DISCUSSION QUESTIONS:

QUESTION 1

QUESTION 2

QUESTION 3

EMPLOYEE CONCERNS & IDEAS FOR IMPROVEMENT:

EMPLOYEES PRESENT:

FOLLOW UP ON CONCERNS:

If you have any feedback on the Safety Talks program or a suggestion for a Safety Talk, please contact a member of the Wellness & Safety Team or email healthpeihr@ihis.org.

Safety Talks can be found on the Staff Resource Centre at: <https://src.healthpei.ca/safety-talks>