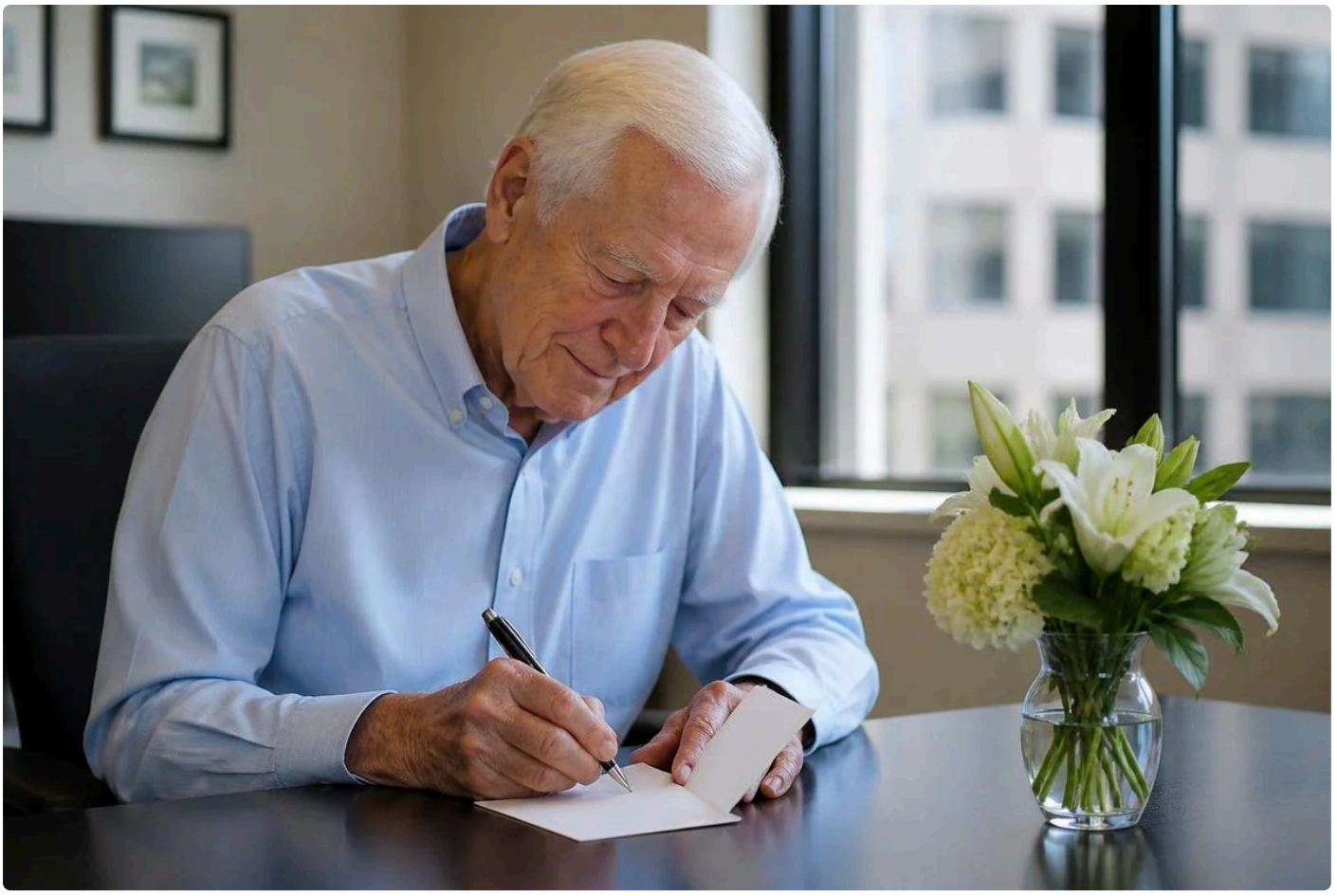


The safest way to give flowers to a coworker with allergies is to ask what they are comfortable receiving before you choose a bouquet. If flowers are not a good fit, a card or another small, unscented gift can carry the same kindness.

Ask before you buy

A quiet, simple conversation gives your coworker room to tell you what works for them. You could say that you would like to give them flowers and ask if there are any they prefer to avoid. They do not need to explain their medical history.

Try to make it easy for them to decline. A surprise bouquet may be lovely in another setting, but checking first is considerate when allergies are involved. It also saves them from having to decide what to do with a gift they cannot comfortably keep nearby.

If you are planning a group gift, one person can ask on behalf of the group. Keep the answer private rather than sharing details with everyone who contributes.

Choose with their preferences in mind

Allergies and sensitivities differ, so there is no flower that is guaranteed to suit every person. Pollen can be a concern, while a strong fragrance may bother someone even if pollen is not the issue. Ask about both if your coworker is willing to discuss them.

If they welcome flowers and mention a type they can comfortably be around, follow their lead. You can also keep the arrangement small and avoid adding scented products. Do not rely on a label such as **hypoallergenic** as a

promise that a bouquet will be safe for them.

Be mindful of where the flowers will sit. A shared desk area can put an arrangement close to other coworkers, too. Your recipient may prefer to take the flowers home rather than leave them in the office.

Consider a different kind of gift

If your coworker would rather not receive fresh flowers, you can still make the gesture feel personal. Choose something that suits what you know about them, without guessing at an allergy they have not discussed.

- A handwritten card with a specific note of thanks or congratulations.
- A small piece of flower artwork for their desk or home.
- A book or notebook, if you know they would enjoy it.
- A contribution to a group card signed by colleagues.

Artificial flowers may seem like an obvious substitute, but check first. They can collect dust, and your coworker may simply prefer something else. Avoid adding perfume or other scented extras to a gift intended to be unscented.

Give them room to choose

Let your coworker know there is no obligation to display or keep the gift at work. If they decline flowers or suggest an alternative, accept their answer without making them feel they have spoiled the plan.

A considerate gift is one they can enjoy comfortably. A few thoughtful words can be just as meaningful as a bouquet.

A related guide: https://kartyonline.net/jak-bezpiecznie-kupowac-i-zamawiac-prezenty-online-na/