

April 2018

Important Health Information

Seasonal Allergies

Allergy season has arrived. Being proactive can help your child.

Please talk to your child about the things that they can do to help themselves during these next few months:

- After coming in from outside wash hands and face. (recess and outdoor PE)
- Shower before going to bed and when you get home. Pollen can settle into your hair and onto your clothes and skin, so a shower will keep you from breathing in pollen all night.
- Wash off indoor pet's paws and wipe down their fur with a damp cloth or towel if they've been outdoors. Pets can easily track pollen into your home, leaving it on your carpets and furniture.
- Avoid outdoor activities until early evening when possible. Pollen counts tend to be highest in the mornings.
- If you have outdoor plans, take your allergy medication before going out. Don't wait until you have symptoms.

If your child has experienced seasonal allergies, please be sure to contact your physician to start their allergy medication so that they can be comfortable and minimize the symptoms while they are in school. If their symptoms become severe and require medication during the school day, please have the proper Medication Administration form completed and returned to school with the medication. If your child is required to remain indoors during recess, a doctor's note is required.