

Nurse's News

It's Spring the season for the sneezing!

How you can tell the difference between a cold and a suspected allergy, these are allergy symptoms:

- Repeated or chronic cold-like symptoms that last for more than 2 weeks
- Symptoms that develop at the same time every year
- Runny nose, nasal stuffiness, sneezing, throat clearing, nose rubbing, sniffing, snorting, itchy eyes, runny eyes
- Itchy throat or tingling in the throat & mouth is a classic indicator of an allergen
- Recurrent red, itchy, dry skin
- Dark circles under the eyes caused by nasal congestion

You can help to control reactions to allergens. Avoidance of the suspected allergen is the best way to prevent a reaction. Other recommendations for minimizing exposure to environmental allergy causing substances include:

- Keep pets out of certain rooms, like your child's room
- Remove carpets or rugs
- Remove heavy drapes and other dust collecting items
- Clean frequently
- Keep windows closed when pollen is at its peak
- Change clothing and wash face and hands after having been outdoors
- Mow the lawn when children are inside or away from the home
- Keep exhaust fans in working order in mold prone bathrooms,
- Keep bathrooms clean and dry
- Wash face and hands after coming inside, leave outer jackets in garage turned inside out to prevent pollen entering the home.

If your child requires an antihistamine or other allergy medication while at school please send in the permission to dispense medication form signed by your child's physician available on my webpage with the medication.

Helpful websites for allergy information

<http://www.pollen.com>

