

## News from the Nurse's Office

The first day of spring will be March 20<sup>th</sup> and we are all looking forward to the milder temperatures that accompany this time of year. Unfortunately, along with the more pleasant temperatures comes allergy season. If you or your children struggle with seasonal allergies it is best to create an action plan to battle symptoms before they develop. Symptoms of seasonal allergies can include: sneezing, nasal congestion, runny nose, coughing, itchy watery eyes, itchy throat and fatigue. Common methods to treat allergy symptoms are to reduce exposure to the allergen, keep air inside clean and over the counter medications such as antihistamines, nasal sprays and decongestants. The Mayo Clinic website can you provide you effective ways to tackle your allergy symptoms at:

<http://www.mayoclinic.org/diseases-conditions/hay-fever/in-depth/seasonal-allergies/art-20048343?pg=1>.



Warmer weather is also prime time for kids to play outside. Please make sure your kids are safe when playing outside. Ensure they wear appropriate safety gear for riding bikes, scooters or skateboard such as helmets, knee pads, and elbow pads. Also, kids should always wear appropriate clothing for temperature changes. Dressing in layers is best so kids can remove top layers when they get warm and add layers when they need to bundle up.

Finally, we've been seeing many students coming to the nurse's office and being out sick with illnesses such as strep throat and pink eye. While there are many ways to avoid these illnesses the single most effective method to prevent the transmission of these and many other illnesses is to properly wash your hands. Hand washing is a critical step in the prevention of disease transmission and is more effective than hand sanitizers. The Centers for Disease Control and Prevention recommends washing hands with soap and water, scrubbing all surfaces of your hands for at least 20 seconds. When hand washing is not possible a hand sanitizer can be used, however, please remember, hand sanitizers do not remove all types of germs.



Have a Safe and Healthy Spring!