

Health Spotlight

What are Seasonal Allergies?

When flowers bloom and trees grow leaves, some people get sniffly, sneezy and itchy. That's because of tiny particles in the air called pollen. When plants release pollen in spring and fall, some people's immune systems overreact- causing sneezing, itching, and more.

Common Symptoms:

Sneezing

Runny or stuffy nose

Itchy eyes, nose, or throat

Watery eyes

Feeling tired

At School

- Remind students not to rub their eyes
- Encourage handwashing, especially after recess
- Limit outdoor time on high pollen days (especially morning)
- Post reminders about handwashing and not touching the face
- Encourage students to bring water bottles to stay hydrated and reduce throat irritation
- Use classroom air purifiers or keep classroom windows closed when pollen counts are high

Resources:

American Academy of Allergy, Asthma, and Immunology (AAAAI)

Asthma and Allergy Foundation of America (AAFA)

CDC Healthy Schools

Pollen.com



Spring Newsletter from
School Nurse

How to Prevent allergy flare ups...



At Home

- Check local pollen forecasts
- Keep windows closed during high pollen days
- Shower and change clothes after playing outside
- Change pillow case before going to bed
- Wash bedding weekly in hot water
- Use air purifiers or filters
- Take allergy medication as directed
- Wipe down surfaces regularly to remove pollen/dust

Ah-Choo! Let's tackle Seasonal Allergies Together!

Personal Habits



- Wear sunglasses outside to help protect eyes from pollen
- Use a saline nasal spray to rinse allergens from nose
- Take allergy medication consistently (as prescribed), not just when symptoms appear