



CITY SCHOOL DISTRICT OF NEW ROCHELLE  
515 NORTH AVENUE  
NEW ROCHELLE, NEW YORK 10801-3416

## HEALTH SERVICES DEPARTMENT

TEL: (914)576-4264

FAX: (914)632-3371

### Springtime Allergies

This is prime tree pollen season! Look for pollen residue on your car after it has been parked under a tree! While seeing pollen coating our cars and the streets is preferable to seeing any more snow, spring tree pollen presents its own set of problems with allergy symptoms. Given the great amount of snow and rain during the winter and spring, there is a strong likelihood of allergic symptoms this spring. Here are some tips and guidance for managing allergies:

- Keep car and house windows closed and use the air conditioning to reduce exposure. Pollen blowing around a moving car can intensify exposure. [Note: it is much more difficult to keep School Bus windows closed without having the environment become uncomfortably warm.]
- Have your child wash hands and face with soap and water when returning from outdoor play. This will limit the spread of pollen within your home.

#### Allergic eye problems:

- Affected children should be sent to school with sunglasses to use during outdoor play and instruction.
- When a child experiences red and itchy eyes, apply cool, moist compresses to the closed eyes. It is rarely necessary to flush the eyes.
- Rubbing the eyes increases the allergic reaction and will intensify symptoms. Explain this to your child in an age-appropriate way and discourage rubbing.
- There are many effective remedies, including over-the-counter anti-allergy eye drops, which should be discussed with your child's physician and pharmacist prior to use. If you decide to use these preparations two bottles should be purchased, one for home use and one for school use. Documentation for administration in school is required, the same as for any medication administered in school.
- It is recommended that eye drops be instilled before leaving the house in the morning and at lunchtime to control symptoms during the school day.

#### Allergic nasal problems:

- Over-the counter anti-allergy medications are available – consult your child's pediatrician or pharmacist.
- There are also nasal washes which are available over the counter, to reduce the amount of pollen
- Send your child to school with packets of tissues.

Planning ahead for next year: For children with moderate to severe seasonal allergies over more than 2-3 seasons, there are nasal sprays which can be used beginning 6 weeks before the season begins to control symptoms. Additionally, immunotherapy, "allergy shots," are an option for students whose symptoms are interfering with daily life and who have not responded adequately to medication. Please discuss these options with your child's pediatrician and/or allergist.

Hopefully these tips will help to make your child more comfortable while continuing to play and participate in those outdoor activities that they enjoy.

*Adrienne Weiss-Harrison, M.D.*

Medical Director / School Physician