



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 Eye Allergies

Given the great amount of snow and rain during the winter and particularly, last month, there is a strong likelihood that we can expect to see a great many students with allergic eye problems. This is prime tree pollen season! Look for pollen residue on your car after it has been parked under a tree!

Here are some tips and guidance for managing the problem:

- 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.]
- Affected children should be sent to school with sunglasses to use during outdoor play and instruction. Always 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.
- 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 school and at lunchtime to control symptoms during the school day.

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