



Nurse Liz's Notes!

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Spring Has Sprung!

The temperatures have caught up with the calendar



That being said.... Please take notice of some pointers from our School Nurse

- RECENTLY, THE POLLEN COUNT HAS BEEN VERY HIGH CAUSING MANY TO EXPERIENCE RED, ITCHY, WATERY EYES. A HIGH POLLEN COUNT COMBINED WITH HIGH TEMPERATURES CAN ALSO TRIGGER ASTHMA SYMPTOMS. IF YOUR CHILD TAKES ANY SEASONAL ALLERGY MEDICATION, YOU MIGHT WANT TO CONSIDER ADMINISTERING IT BEFORE SCHOOL TO HELP MINIMIZE THE SYMPTOMS.
- IT IS ALSO ADVISABLE TO SEND A WATER BOTTLE TO SCHOOL WITH YOUR CHILD DURING HIGH TEMPERATURES.
- POLLEN ATTACHES TO CLOTHING, SKIN, AND HAIR. IT'S IMPORTANT TO SHOWER, WASH HAIR, AND CHANGE CLOTHING WHEN COMING INDOORS AFTER BEING OUTSIDE.

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