April Newsletter from

Nurse Kris



April Showers bring May flowers and…….ALLERGY & ASTHMA SEASON!

If you suffer from allergies, you know the symptoms: coughing, sneezing, itchy eyes, runny nose, and scratchy throat. Common allergens and irritants found in and around the home are pollen, dust mites, mold, insect droppings, pet dander, and secondhand smoke. Exposure to these allergens can even bring about a serious asthma attack.

During an Asthma attack, airways become narrowed and breathing can become extremely difficult. Other asthma triggers include: respiratory infections, pollen (trees, grasses, weeds) air pollution, food, allergies, cleaning products, perfumes, exercise, and cold air exposure.  Common asthma symptoms include wheezing, shortness of breath, chest tightness, and coughing. Asthma cannot be cured but it can be controlled.

Please fill out an Allergy or Asthma Action Plan for your student if needed – these forms are available in the nurse’s office. List allergy, triggers, medications, and phone numbers. Talk to your pediatrician about the best daily management for your child’s symptoms.  For more helpful information check out - [www.schoolasthmaallergy.com](http://www.schoolasthmaallergy.com/)



**A word about head lice** – This can happen to anyone, it’s not uncommon.  Most head lice are transmitted from head to head contact.  Check your children regularly, if head lice are found consult a health care provider regarding treatment options.  Follow package directions and comb out lice and nits thoroughly. While this is a time consuming task, it is also very effective at preventing repeat cycles. Clean all items that may have been in contact with your child’s head. (Combs, brushes, linens, stuffed animals). Let your children’s close friends and parents know so they too can check regularly.  Report all cases to the school nurse, and she will re-check your child when they return to school.

Spare Clothes: The nurse’s office is in need of new or gently used pants and shorts for boys and girls sizes 5-10. Leggings and pants with elastic waist bands are great!