

March Health News:

“Ah-choo!” It’s **Spring**, seasonal allergies are at work.

Trees, grass and weed pollen becomes airborne and it can result in sneezing, itchy, watery, or red eyes, coughing or sore throat. Sometimes called “hay fever” or seasonal allergic rhinitis (when it affects the nose) or allergic conjunctivitis (when it affects the eyes).

Even though pollen is a harmless substance, some people have immune systems that overreact to it. Even kids who have never had seasonal allergies in years past can develop them.

Pollen counts are usually highest between 10am and 4pm. There is no real cure for seasonal allergies, but it is possible to relieve symptoms.

Tips to Minimize allergic symptoms:

- Stay indoors when pollen counts are high
- Wash hands and face
- Close window in in the house or car
- Consider light jacket to school; put in locker when you arrive to school
- Changing clothing after playing outside

If reducing exposure isn’t possible or is ineffective, medicines can help ease allergy symptoms. These may include decongestants, antihistamines, and nasal spray steroids. Please administer medication as prescribed, if school time dosing is required, the medication form can be obtained in the nurse’s office or by printing the form from the district’s website: www.montclair.k12.nj.us (forms bar on the top of web site).

Happy Spring!

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