



A note from the OHES Health Office

Re: Spring Allergy Season

The season is upon our students for swollen, red, itchy eyes along with sneezing, nasal congestion and flare ups with asthmatic symptoms.

If you know your child suffers from spring allergies please be proactive and begin a regime to help combat the severity of the symptoms they usually experience. This may mean contacting their physician for guidance on the best medication for their symptoms. You can also help your child to deal with it by:

- View weather forecast which provides the daily pollen count. When pollen counts are high, kids should take their allergy medicine before going outdoors or avoid going outside. After playing outdoors, they should bathe and change clothes.
- Keep windows and doors shut during pollen season.
- Drive with the car windows shut and air conditioning on during pollen season.

It seems they greatest allergy symptom we see are students with red, itchy eyes. Our procedure for this is:

- Students wash their hands with soap and water, and then rinse their face with cool water.
- We gently wash the eyelids and lashes with a “no more tears baby bath”. This helps remove the pollen from the lashes and eye area.
- They rest with a cool compress to their eyes for several minutes; upon going back to class ice pack for their eyes is provided
- We will not be administering eye drops unless a student has their own medication from home.

You may want to discuss with your child’s doctor about providing a “when needed” during school hours allergy relief eye drop. If this is the case please contact our office so we can discuss the policy regarding the administration of medication during school hours.