4/2015

Dear Parents,

Spring seems to have finally arrived in New England. While this brings sun, warmth and blossoming flowers, it can also bring ticks and pollen and seasonal allergies. Each spring students flock to the health office at school seeking relief from their allergy symptoms.

If your child suffers from seasonal allergies, (runny nose, itchy, watery eyes, sneezing or congestion), please consult with your health care provider now for appropriate treatment. Many students benefit from medications and/or eye drops which can be given at home in the evening or morning. These may be prescription or over the counter medications. These are not stocked in the school clinics. If your child will need allergy medication at school, you and your doctor must fill out a medication authorization form and submit it along with the medication to your school nurse. Benadryl should not be considered a standard allergy treatment. Students who receive Benadryl will need to be taken home for rest/observation. Other measures that help are to wash hands well when coming in from outdoors after recess or play, to shower in the evening before bed and to keep windows shut at night.

Ticks can be found in grassy areas at school or home. It is recommended that parents check their children daily for the presence of ticks. If a tick is found it can be removed using tweezers. To treat, wash well with soap and water and apply an antibacterial ointment. If a rash (“bulls eye” rash) or fever, joint paint, weakness, or other signs of illness occur after a tick bite, contact your health care provider.

Feel free to contact your school nurse with questions or concerns.

Sincerely,

Tricia Laham RN, BSN, MEd, NCSN

Coordinator of School Health Services

The Public Schools of Brookline