

Dear Parents,

Allergy season is upon us, and we just want to remind everyone to medicate their children at home with allergy medication prior to coming to school.

Remember, some of the classrooms will have their windows open when the temperatures allow. The students do go outside for recess and the P.E. department takes the students outdoors for class. It is essential that children have their allergy medication before going outdoors, due to the high Pollen Count this time of year.

Please be sure that:

1. Students take their allergy medications daily at home. Non-drowsy formulas are good choices because they won't leave your child tired and dehydrated, or have them take them before bed if they cause drowsiness.
2. Wearing wraparound sunglasses which physically keep out pollen from eyes and may be a good choice for some students.
3. If your child requires eye drops to be given at school, even if it is over the counter, a written prescription from your physician is required, along with the medication to be given, in its original unopened package by an adult to the School Nurse
4. If your child's allergies prevent them from being outdoors, then a PE excuse note from your physician is required providing guidelines for when they can be outdoors. **For example:** Student shall remain indoors for PE if the pollen count is above 5.0. Anything below 5.0, the child will be able to attend outdoor PE, etc.

Thank you,

Mrs. Stambaugh, RN

School Nurse