

# Spring Preparation for Seasonal Allergies and Asthma

In New York State (NYS), spring is an amazing time with the grass growing, and the trees and flowers blooming. For some, this is also a time where allergies start to peak and asthma can be triggered. At YPS we see a number of students this time of year, with and without a history of allergies or asthma, present to the nurse's offices. Common symptoms include:

- Runny nose
- Coughing
- Congestion
- Sneezing
- Headaches
- Scratchy throat
- Itchy, red or watery eyes
- Hives
- Asthma symptoms

During this period, it's important to keep a close eye on your child's symptoms and prepare for the allergy season. Important steps you can take to prevent or reduce allergies during this time include starting medications recommended by your clinician, monitoring for symptoms and consulting an allergist when needed. Other important tips:

- If your child suffers from seasonal allergies, beginning allergy medication before the season starts could be very helpful. They may need medicine to prevent and treat their symptoms and avoid absences.
- See your pediatrician or allergist if your child has symptoms or needs further medication.
- A Medication Authorization form must be completed and signed by the parent and health care provider with clearly labeled medications given to your school nurse if medicine is needed in school: [Medication Authorization Form](#)
- Encourage frequent hand washing and avoiding touching the face.
- Showering and washing clothes daily to rinse off the pollen, dust, dander, is important. .
- Monitor the Air Quality Index daily to identify days you might want to keep your child indoors, if necessary: [New York Air Quality Index](#)

## **Asthma Action Plan:**

- If your child has asthma, please ensure they have their medication authorization on file and their medication with their Asthma Action Plan, link: [Asthma Action Plan](#)

**\*\*Students need to have documentation of allergies to remain in school with symptoms that can oftentimes present as an illness. Your child's symptoms must be well controlled to remain in school.\*\***