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*Our children,
our hope,
our future*



Dear Parent/Guardian,

The pollen count is at a high level. Spring and Fall are the worst times for allergies in New Jersey. The Health Office is overrun with allergy symptoms this time of year and a lot of students are missing valuable instruction time. We will make sure that your child does not have a fever, remind them to blow their nose, cover their cough, and provide and encourage water throughout the day.

If your child suffers from seasonal allergies, please consider treating their symptoms consistently and before they arrive at school. Some symptoms may include:

- red/swollen eyes
- ear “popping”
- stuffy nose
- clear nasal drainage
- sore throat
- possible headache and/or stomachache related to sinus pressure and postnasal drip
- sneezing
- coughing

Please remind your children to blow their noses, drink lots of water, wash their hands frequently, wipe eyes and nose with a clean tissue, splash/rinse eyes with cool water in the restroom, and cover their mouth with their elbow instead of their hand when sneezing/coughing.

Thank you!

If OTC allergy treatments are not helping, consider following up with your child’s pediatrician or allergist.