Here are a few tips to help ease your symptoms so that you can better enjoy the SPRING SEASON.

- Avoid being outdoors on windy days, especially mid-morning to mid-afternoon, when pollen counts are often highest. If you must be out, cover your mouth with a scarf or an allergen mask.

- Keep car and home windows and doors closed, and avoid using electric fans inside the home, which can kick up pollen into the air.

- After returning from outdoors, shower, wash your hair and change your clothing.

- When cleaning, use caution with household cleaning products. Make sure the area to be cleaned is well ventilated. Never mix cleansers such as bleach, disinfectants and deodorizers with ammonia products, either in the bucket or on the surface to be cleaned.

- It is best if non-allergic family members or others do the cleaning. Try to be out of the house during all cleaning, especially during carpet cleaning.

- Avoid being outside when fertilizers and pesticides are applied to the lawns, trees or shrubs in your neighborhood. If you garden, arrange for someone else to remove the leaves and branches that may have collected in your yard or hedges. This type of garbage usually has mold and other particles that can

Reference: [https://www.nationaljewish.org/conditions/allergy/overview/lifestyle/spring-tips](https://www.nationaljewish.org/conditions/allergy/overview/lifestyle/spring-tips)
Here are a few tips for living with **SUMMER ALLERGIES**

- Find out which plants will be pollinating where you will be traveling. For example, Hawaii has grass pollination year-round. Southern states typically have the longest pollination period; grasses pollinate 10-11 months of the year in these regions.

- Know when the plants that trigger your allergies are in bloom, and avoid visiting at that time of year. Time your trip to coincide with low levels of pollen.

- If traveling by car, keep the windows closed, and use the air conditioner.

- After returning from outdoors, shower, wash your hair and change your clothing.

- Plan ahead, and fill your allergy and asthma prescriptions before leaving home.

- If you have a severe allergy to bees, wasps, hornets, fire ants and other insects, wear long sleeves, pants and socks when outdoors, and be careful near outdoor garbage cans, where yellow jackets often congregate.

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**April 2018 First Aid Summary Report**

The chart indicates the number of injuries from each school.

To view the most recent first aid report [CLICK HERE](#)