

What's Up, Edison?

May 18- 22, 2020

What's up Hornets, Knights, Jaguars and Challengers? The MSNs are back for Week Nine and we hope you are fine and getting out in the sunshine! There are many reasons in all the Seasons that students come down, sometimes, with a frown, and in the Health Office we try to turn that upside down. You might be surprised but we "see" a lot of eyes especially when they are red, it's a sign the teachers especially dread! Pink eye, a sty, or maybe you got a fly in your eye. As for glasses repair, it can make the nurses want to cry in despair, but we try our best because we care!

Stay safe and healthy,

Your Middle School Nurses,

Carol Martinez, RN, MS, CSN, HHMS

Jasmine Cromartie, RN, BSN, CSN, JAMS

Nicole Montilus, RN, BS, CSN, TJMS

Roulla Fanik, RN, MSN, CSN, WWMS

Kristine Walters, RN, BSN, CSN, District Nurse



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Why do the nurses sometimes "see red" when we look into your eyes?
Seasonal allergies are the main culprit. The medical term is Allergic Conjunctivitis.
See the video on the left.



There are other kinds of conjunctivitis (Pink Eye.)
<https://kidshealth.org/en/kids/conjunctivitis.html?WT.ac=k-ra#cattake-care>
Click the goopy eye for more about pink eye.

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SURVIVING SPRING Allergies

1 in 4 people suffer from allergies

Common Symptoms

- Runny nose
- Nasal congestion
- Coughing
- Sneezing
- Watery eyes
- Itchy nose and eyes
- Worsened asthma symptoms (for asthmatics)
- Decreased quality of sleep

Triggers
Spring allergies are most commonly related to tree pollens:

- Birch
- Elm
- Maple
- White Ash
- Walnut

Remedies

- Nasal saline rinses
- Nasal steroid sprays
- Antihistamines (*oral or prescription nasal spray*)
- Immunotherapy (*allergy shots*)

Prevention

- Overall avoidance
- Check pollen counts daily and stay inside on high pollen days
- HEPA filter air cleaners in your home
- Wash bedding and clothing often in hot water
- Shower and change clothes after you've been outside on high pollen day

Allergy Testing
Testing can be done with a skin test or a blood test.

Massachusetts Eye and Ear

How Can You Prevent Eye Allergies?

The first and best option is to avoid contact with things that trigger your eye allergies.

Other tips are:

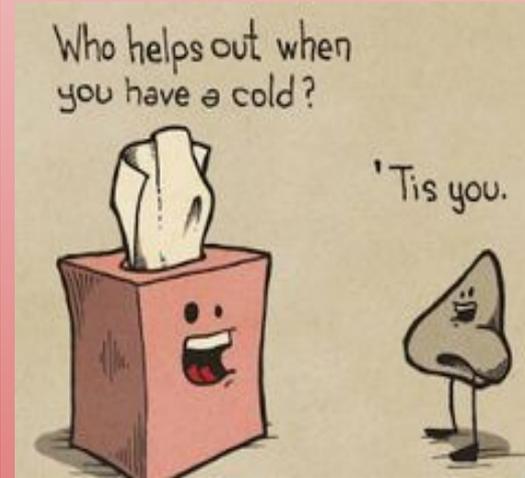
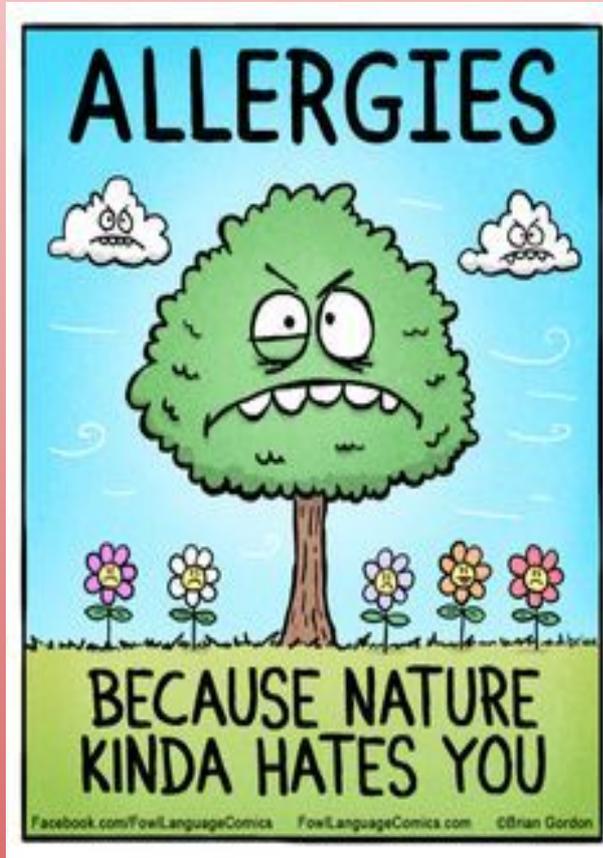
- Don't touch or rub your eye(s).
- Wash your hands often with soap and water.
- Use a vacuum with a CERTIFIED asthma & allergy friendly® filter to reduce exposure to allergens.
- Wash your bed linens and pillowcases in hot water and detergent to reduce allergens.
- Use allergen covers (encasement) for pillows, comforters, duvets, mattresses and consider using them for box springs.
- Keep pets out of the bedroom to reduce pet dander allergen in your bedding.
- Wear sunglasses and a wide-brimmed hat to help keep pollen from getting into your eyes.
- Keep windows closed during high pollen and mold seasons. Use the air conditioner in your car and home.

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Take a listen!



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Click the
eye
styes
and
watch
the
videos.



Stye in your eye? How does that happen?

Tears aren't just salty, they also contain oils that help protect the eye and keep them moist.

These oils are secreted by tiny glands and when they get blocked, you can get a stye in your eye!

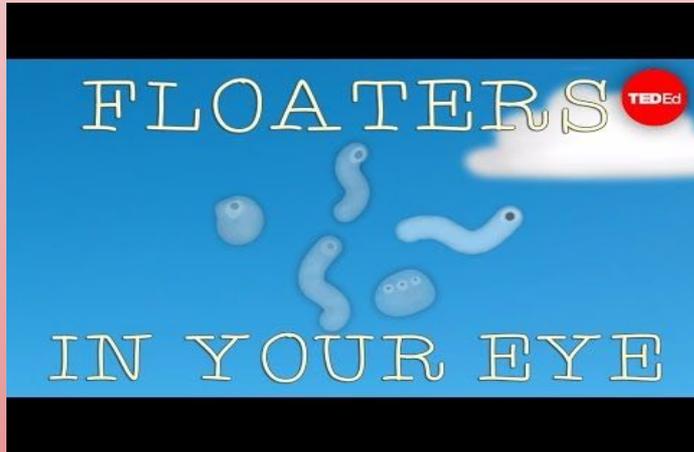
What do you do if you have a stye?

Applying heat helps the oil become more liquid.

1. To do this, soak a clean washcloth in warm (not hot!) water.
2. Wring out the excess water.
3. Then, place the washcloth over the eye for a few minutes.
4. Repeat this several times a day.

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Is that a fly in my eye? Nope, no worries! Those black squiggly lines/spots are called floaters. Watch this TEDEd video to learn all about floaters.



Color blindness is caused by problems in the color-detecting nerve cells located in the back of the eye, called cones. Watch the video to learn more.

Then read about Vision Facts and Myths.

<https://kidshealth.org/en/parents/vision-facts-myths.htm?WT.ac=p-ra#cattake-care>

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Well, we hope all that information did not give you a headache, but if it did, no worries! Join the MSNs next week where we will talk about.....

<https://www.youtube.com/watch?v=NecK4MwOfel>

Check this out!

