

School Nurse NEWSLETTER SEASONAL ALLERGIES

Nurse Spotlight

Hello! My name is Christy Letlow LVN. I am the nurse at RB Elementary. This is my first year as a school nurse and I absolutely love it!! It has been such a great experience getting to know and take care of all the students here. I have over 10+ years of experience in the ENT field and my favorite part was taking care of allergy patients. I have two sons, a junior and a kindergartener. My husband and I have been together since high school and have lived in Godley for almost 8 years. I am looking forward to many more years as a school nurse here in Godley. Please reach out if you ever have any questions or concerns.



COMMON ALLERGY SYMPTOMS



SNEEZING,
COUGHING



ITCHY
EYES, NOSE,
OR THROAT



RUNNY
OR STUFFY
NOSE



WATERY
RED, OR
SWOLLEN EYES



FATIGUE

Let's Keep our Students Healthy and Comfortable

Tips for Parents

Check Pollen Counts: Use apps or websites to monitor pollen levels.

Dress for Protection: Sunglasses and hats can help prevent pollen from irritating eyes.

Medication Management: Over-the-counter antihistamines or prescribed allergy medications can help alleviate symptoms.

Shower After Outdoor Play: Washing hair and changing clothes reduces allergen exposure at home.

- If your child has a known allergy, please notify the school nurse and ensure the appropriate medication or allergy action plan is on file.