



Notice from the Nurse's Office



Dear Parents/Guardians,

As we move into the spring season, many children experience seasonal allergies due to pollen and other environmental triggers. Common allergy symptoms may include red or itchy eyes, sneezing, nasal congestion, runny nose, and throat irritation. While these symptoms can be uncomfortable, they are typically manageable with appropriate care. To help keep students comfortable and healthy during the school day, the following is recommended:

- If your child has known seasonal allergies, please consider administering prescribed or over-the-counter medication before school as recommended by your child's healthcare provider.
- Encourage your child to wash their hands and face after outdoor activities to help remove pollen.
- Showering and changing clothes after school may also help reduce continued exposure to allergens.

Please note that if your child presents to the health office with red or itchy eyes or other allergy symptoms, a **documented allergy diagnosis from a healthcare provider must be on file with the school nurse**. This documentation helps us appropriately distinguish allergy symptoms from other conditions and provide the best care for your child during the school day.

If your child requires prescription or over-the-counter medications (like eye drops) to be administered at school for allergy symptoms, a medication authorization form completed by both the parent/guardian and healthcare provider must also be submitted to the school health office. If your child's allergies prevent them from being outdoors, then a **doctor's note from your physician** is required providing guidelines for when they can or cannot be outdoors.

If you have any questions or would like to provide allergy documentation for your child, please contact the health office. Thank you for your cooperation in helping us support your child's health and success in school.

Sincerely,
Jessica Epifano, RN
School Nurse
Jessicaepifano@parkridge.k12.nj.us
201-573-6000 ext 2005

