



March Health Tip

SPRING IS BLOOMING



Allergies

Get ahead of the game and start taking your allergy meds NOW!

Follow these tips:

- Take allergy meds at home **before** school.
- Shower at night so you don't sleep in a pile of allergies.

Overcoming Daylight Savings

- 1. Get Enough Sleep** - Aim for 8-10 hours each night. Try going to bed 15 min earlier each night this week to help your body adjust.
- 2. Natural Light is the strongest signal to your brain that the day has begun.** As soon as you wake, open your blinds or step outside for a minute.
- 3. Put your phone away 30-60min before bed.** The blue light mimics daylight and tells your brain to stay awake.
- 4. Move Early, Rest Late** - Exercise in the afternoon or early evening. It helps your body tire out naturally.
- 5. Avoid Late Caffeine-** Skip the energy drinks or coffee after 2pm. Hydrate with **WATER!**

Wear your Sunscreen

A few reminders:

- Wear sunscreen on cloudy days. 80% of UV rays pass through the clouds.
- Protect your **FACE** - Apply SPF 30+ to your face.



from the School Nurse