

Your guide to surviving allergy season

Aside from this season's unique weather conditions, the rate and severity of allergies (which are an overreaction of the immune system to harmless substances, like pollen or mold) seems to be increasing for other reasons too. The National Institute of Allergy and Infectious Diseases reports that the prevalence of allergic rhinitis has dramatically increased over the past fifteen years; now 10 to 16 percent of U.S. adults are estimated to have allergies. If you are suffering from allergies for the first time or if they are unusually unbearable this season, these tips will help:

Determine if it's really allergies – The quick change from cool to warm weather sometimes makes it hard to determine if one is suffering from a cold, virus, or actual allergies. It is most likely allergies if your congestion lasts more than two weeks and if your eyes, nose, and the top of your mouth itch. The absence of aches and fever is another sign that it's probably allergies.

Give salt water a go – If allergy medication makes you tired and foggy, gargling with salt water can soothe a sore or scratchy throat. Do this once or twice a day.

Kick off your shoes and work clothes as soon as you get home – Remove your shoes at the front door and throw your clothes in the hamper and change into something else so you do not drag allergens through your home. Make sure to shower at night to wash off any pollen on your body or in your hair.

Exercise indoors – Trade in your outdoor stroll for a run on the treadmill or exercise DVD. If you must run outside, remember that pollen tends to be highest in the mid to late afternoon.

Wear a mask for outdoor chores – When you are tending your garden or yard, a surgical mask can help minimize your exposure to pollen particles. Look for ones marked N95, which means they meet the standards of the National Institute of Occupational Safety and Health by filtering out 95 percent of particles.

Beth Levine

<http://www.everydayhealth.com/allergies/0517/8-tips-for-surviving-a-horrible-allergy-season.aspx>

The Wellness Fair at Leckie ES

On Friday, April 8th, ward 8 school nurses Egypt Middleton, RN and Katrina Clark, RN, participated in the Leckie Elementary School Wellness Fair. The nurses provided blood pressure screenings and shared tips on hand washing, nutrition, and exercise. They also played health trivia games with the students, staff, and parents. The Wellness Fair, organized by the Leckie Elementary School Food Corp. was a huge success!



(Left to right) Egypt Middleton, RN, BSN, school nurse at Leckie ES and Katrina Clark, RN, BSN, school nurse at Savoy ES, pictured at the health table during the Wellness Fair

Egypt Middleton, RN, BSN
School Nurse, Leckie ES

April 2016 Health Observances

Alcohol Awareness Month
Irritable Bowel Syndrome Awareness Month
National Autism Awareness Month
National Child Abuse Prevention Month
National Distracted Driving Awareness Month
National Donate Life Month
National Minority Health Month
Occupational Therapy Month
Sexual Assault Awareness and Prevention Month
Sports Eye Safety Awareness Month
STI Awareness Month
Women's Eye Health and Safety Month
National Youth Violence Prevention Week (April 3-9)
National Public Health Week (April 4-10)
National Alcohol Screening Day (April 7)
World Health Day (April 7)
National Youth HIV and AIDS Awareness Day (April 10)
National Infant Immunization Week (April 12-23)
National Infertility Awareness Week (April 24-30)
World Immunization Week (April 24-30)

Healthy Recipe of the Month

Ingredients:

- 1 pound boneless skinless chicken breasts
- 1/4 cup flour
- 1/2 teaspoon salt, pepper to taste
- 2 tablespoons butter
- 1 teaspoon lemon pepper seasoning
- 1-2 cups chopped asparagus
- 2 lemons, sliced
- 2 tablespoons honey and 2 tablespoons butter (optional)
- Parsley for topping (optional)

Directions:

- Cover the chicken breasts with plastic wrap and pound until each piece is about 3/4 of an inch thick. Place the flour and salt and pepper in a shallow dish and gently toss each chicken breast in the dish to coat. Melt the butter in a large skillet over medium high heat; add the chicken and sauté for 3-5 minutes on each side, until golden brown, sprinkling each side with the lemon pepper directly in the pan. When the chicken is golden brown and cooked through, transfer to a plate
- Add the chopped asparagus to the pan. Sauté for a few minutes until bright green and tender crisp. Remove from the pan and set aside. Lay the lemon slices flat on the bottom of the pan and cook for a few minutes on each side without stirring so that they can caramelize and pick up the browned bits left in the pan from the chicken and butter. Remove the lemons from the pan and set aside.
- Layer all the ingredients back into the skillet– asparagus, chicken and lemon slices on top.

Note: the lemons are going to be bitter, so just use them as a garnish!

Welcome to Children's School Services!

The following nurses joined our team in March and April:

Holiday Osborne-Bash, CHN (Ward 6)
Crystal Fitzhugh, CHN (Ward 5)
Gwendolyn Gaines, CHN (Ward 7)
Michel'yn Scott, CHN (Ward 8)
Russia Bethea, CHN (Ward 8)
Eberechukwu Opaigbeogu (Ward 4)
Fanta Kaba (Ward 4)

Gordon Dental Associates Visits Drew Elementary School

The staff at Gordon Dental Associates made a visit to Drew Elementary School in late March to provide dental exams, dental cleanings, fluoride, dental sealants, and oral health education for students. The group will return in the near future to see those who were unable to be seen. In addition to the dental services, students were given goodie bags with a toothbrush, stickers, a report card indicating if further treatment was needed, and resources for dental care. We stress to the children that dental care is important because early prevention reduces oral diseases.



Gordon Dental Associates pictured with the school nurse (fourth from right)

Rose Moore, RN, BSN
School Nurse, Drew ES

Upcoming D.C. Health Events

2nd Annual Women's Health Conference: The goal of this conference is to promote mental, emotional, and behavioral well-being in racial and ethnic minority women.

When: Saturday April 30th 8:30am-4pm

Where: Colmar Manor Community Center 3701 Lawrence Street, Colmar Manor, MD 20722

Registration is free - <https://www.eventbrite.com/e/2nd-annual-womens-health-conference-tickets-22798560107?aff=ebrowse>

"There is Light in this Darkness: A mental health forum" Topics to include mental health and its stigma, depression, coping with loss, and the effects of bullying on children's mental health

When: Sunday May 1st 2:00pm to 4:00pm

Where: People's Congressional United Church of Christ 4704 13th Street, NW Washington, DC 20011

This newsletter is published monthly by the Children's School Services School Health Nursing Program.

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