

Hello Edison Elementary!

Hello James Madison, Martin Luther King, Woodbrook, Menlo Park, John Marshall, Ben Franklin, Lincoln, Lindeneau, James Monroe and Washington Elementary School Students!

Spring pollen is increasing across the U.S., which is affecting those with seasonal allergies & asthma. If pollen triggers allergy & asthma symptoms for you or your child/ren, be sure to follow your allergy and/or asthma treatment plan to keep allergies under control & prevent asthma episodes or attacks. This is very important to help differentiate these signs & symptoms from Covid-19. If your asthma is not under control, you will want to call your doctor right away.

Stay safe and healthy,
Your Elementary School Nurses

What's up this week?

Click on the pictures for links to enjoy learning about health and having fun, from your School Nurse about allergies and asthma:



A survival guide for managing your child's seasonal allergies. **Always consult with your child's doctor for continuing symptoms**



Allergy Symptoms or Covid-19?
Here's how you can spot the difference!



Check out this fun kids website with games and info about children with asthma. See Dylan talk about his....

Symptom	Common Cold	Flu	COVID-19	Allergies
Fatigue	Yes	Yes	Yes	No
Loss of taste or smell	No	No	Yes	No
Runny nose	Yes	Yes	No	Yes
Cough	Yes	Yes	Yes	Yes
Sore throat	Yes	Yes	No	Yes
Headache	Yes	Yes	No	No
Body aches	No	Yes	Yes	No
High fever	No	Yes	Yes	No
Shortness of breath	No	No	Yes	No
Wheezing	No	No	No	Yes
Itchy eyes	No	No	No	Yes
Itchy throat	Yes	No	No	Yes
Itchy skin	No	No	No	Yes
Swollen lymph nodes	No	No	Yes	No
Diarrhea	No	No	Yes	No
Stomach pain	No	No	Yes	No
Loss of appetite	Yes	Yes	Yes	No
Weight loss	No	No	Yes	No
Unexplained bruising or bleeding	No	No	Yes	No
Small red spots on the skin	No	No	Yes	No
Yellow or green mucus	Yes	Yes	No	Yes
Dark, thick mucus	Yes	Yes	No	Yes
Clear, watery mucus	Yes	Yes	No	Yes
Wheezing	No	No	No	Yes
Shortness of breath	No	No	Yes	No
Chest pain	No	No	Yes	No
Difficulty breathing	No	No	Yes	No
Loss of consciousness	No	No	Yes	No
Severe fatigue	No	No	Yes	No
Severe muscle aches	No	No	Yes	No
Severe headache	No	No	Yes	No
Severe sore throat	No	No	Yes	No
Severe cough	No	No	Yes	No
Severe runny nose	No	No	Yes	No
Severe sneezing	No	No	Yes	No
Severe itchy eyes	No	No	Yes	No
Severe itchy throat	No	No	Yes	No
Severe itchy skin	No	No	Yes	No
Severe swollen lymph nodes	No	No	Yes	No
Severe diarrhea	No	No	Yes	No
Severe stomach pain	No	No	Yes	No
Severe loss of appetite	No	No	Yes	No
Severe weight loss	No	No	Yes	No
Severe unexplained bruising or bleeding	No	No	Yes	No
Severe small red spots on the skin	No	No	Yes	No



Check out this chart to compare signs and symptoms of cold, flu, allergies & Covid-19



Coronavirus (COVID-19): What People with Asthma Need to Know