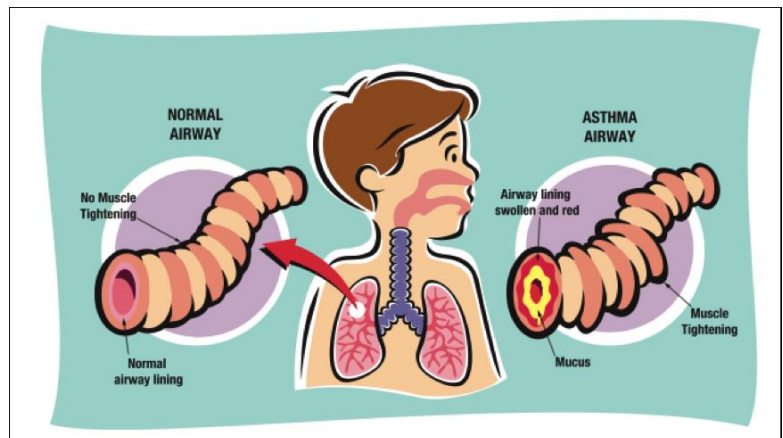


# May is Allergy and Asthma Awareness Month!

You may have asthma or know someone who has asthma. Some people must take medication every day to prevent asthma attacks and some people take medication only when they feel they need it. Asthma is a chronic disease that causes your airways to become inflamed, making it hard to breathe. There is no cure for asthma. The best way to manage asthma is to avoid triggers, take medications to prevent symptoms and prepare to treat asthma episodes if they occur.

Please use this link to view some important facts about asthma:

<https://www.aafa.org/asthma-facts/>



You probably know someone who has allergies, as well. An allergy is when your immune system reacts to a foreign substance, called an allergen. It could be something you eat, inhale into your lungs, inject into your body or touch. This reaction could cause coughing, sneezing, hives, rashes, itchy eyes, a runny nose and a scratchy throat. In severe cases, it can cause low blood pressure, breathing trouble, asthma attacks and even death. There is no cure for allergies. You can manage allergies with prevention and treatment. More Americans than ever say they manage allergies. It is among the country's most common, but overlooked, diseases.

Please use this link to view some important facts about allergies:

<https://www.aafa.org/allergy-facts>

Try to avoid triggers! Even if you don't have allergies, you can develop them at any time in your life. Wash your hands when coming in from outside, wash your hair at night if you've been outside during the day, avoid touching your mouth, nose and eyes and take any medications as directed by your doctor.

The nice weather has us spending more time outdoors, enjoying the weather, and increasing physical activity. One type of activity that most children enjoy is bike riding. It's fun and it's a great way to exercise. However, staying safe should be a priority. Some things to consider for your children as you're dusting off the bike and getting ready for another season of use:

- Protect your head. Wear a helmet! - Head injuries cause most bicycle related deaths and can cause serious brain injury. The helmet should fit snugly and be comfortable. It should also be worn in the proper position. Get into the helmet habit.
- No playing on the road or riding on busy streets. – Teach your child about driveway safety. Always stop before entering the street and scan left and right for traffic. Obey traffic signs (stop at stop signs) and don't turn without warning. Ride on the right with the traffic.
- No riding at night. – This requires special equipment and skills that few children have.
- Make independent decisions. – Many car/bike accidents occur when children are following each other. Assess traffic situations for yourself and continue to obey all traffic laws.

Never forget, example is the best teacher. Making safety come first should bring your family many hours of bike riding fun!

Healthfully,  
*Nurse Wrobel*

**Reminder:** Please complete and return any forms you may have received from the nurse's office as soon as possible. Also, any referrals for vision, dental exams, etc. should be completed and returned.

## Hand Sanitizer Recall

4/28/2021

Many of us are using hand sanitizer to stay healthy and prevent Covid-19 illness. Yesterday, the FDA recalled Scentsational Soaps & Candles, Inc. scented hand sanitizer that was sold at Ulta Beauty, TJ Maxx and Marshalls stores. These particular hand sanitizers were recalled due to test results revealing the presences of methanol (wood alcohol), benzene and acetaldehyde. This can be concerning for everyone, but especially for children who put their hands in their mouth. See the link below for details of the recall and to answer any questions.

<https://www.fda.gov/safety/recalls-market-withdrawals-safety-alerts/scentsational-soaps-candles-inc-issues-voluntary-nationwide-recall-scented-hand-sanitizers-due>