

## RE: Helpful Tips for Seasonal Allergy

April 01, 2018

Dear Parents,

Flowers are blooming, or lawns or trees are bursting with new greenery, it's spring! And unfortunately, it's also a season of pollen allergies that make a runny nose, sneezing, and red/itchy eyes.

The pollens cause and aggravate allergic diseases. They are known to be the main cause of conjunctivitis and skin diseases as well as respiratory diseases such as asthma and rhinitis.

### **Causes**

Allergies among spring pollen are arid trees, birch, beech trees. Pollen has a high temperature and spreads well on a clear day. The temperature starts to show above 10 °C and shows the highest concentration at 20 ~ 30 °C.

### **Symptoms**

If you have a pollen allergy and go outside on a day when it's flying around, your body will react as if it's being invaded. Your immune system will make a lot of something called histamine to fight back. When this happens, you can have symptoms like:

Itchy throat, Red, itchy, watery eyes, Runny or stuffy nose, Sneezing, Wheezing or coughing

### **Treatment**

Your doctor may first want to confirm that you have an allergy. An allergist can give you a skin-prick test to see what's causing your problem.

Once that's narrowed down, there are a few ways to treat pollen allergies:

Over-the-counter (OTC) drugs. (Antihistamines), nasal sprays

Prescription medication.

Allergy shots: If you don't have any luck with medications, allergy shots may help.

### **Helpful Tips**

Check the weather. In order to protect the health of the people from harmful pollen in spring, the Korea Meteorological Administration (KMA) will provide the pollen concentration risk index from April 1 to May 31 through the Meteorological Agency homepage.

If you know it's going to be a high-pollen day, stay inside as much as you can. Keep pollen out. Instead of opening the windows in your car or at home, run your air conditioner with an HEPA filter to remove pollen from the air. Don't hang your laundry on a line to dry or it will pick up pollen; use the dryer. If you've spent time outside, change your clothing, shower, and wash your hair before you get into bed. Take medicine. When pollen counts are high, take your medication before you notice symptoms to stop them before they start.

Children and elderly people who are sensitive to external stimuli should use their masks when going out, take water when their necks are stiff or itchy, and shake their clothes and go into the room.

Sincerely yours,

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