



May 4 – May 8

Hello Families!

As I'm sure a lot of you have found outit's allergy season! This can be a difficult time on a normal day but in our current situation, is downright terrifying. Hopefully this week's newsletter will ease your minds on the symptoms you and your families may be experiencing.

Environmental Allergies

Environmental allergies are an immune response to something in your surroundings that's typically otherwise harmless. There are two key differences between COVID 19 and environmental allergies. COVID 19 causes a fever where allergies do not and allergies causes itchiness where COVID 19 does not.

Common Environmental Allergies

- Dust mites
- Pollen
- Pet Dander
- Mold
- Cigarette Smoke

Symptoms

- Sneezing
- Runny Nose
- Mild Shortness of Breath
- Itchy Eyes
- Headaches
- Wheezing
- Fatigue
- Head and Chest Congestion

Keep Moving

Have A Plank Off!

Challenge someone in your household to a plank-off and see who can hold the longest plank!

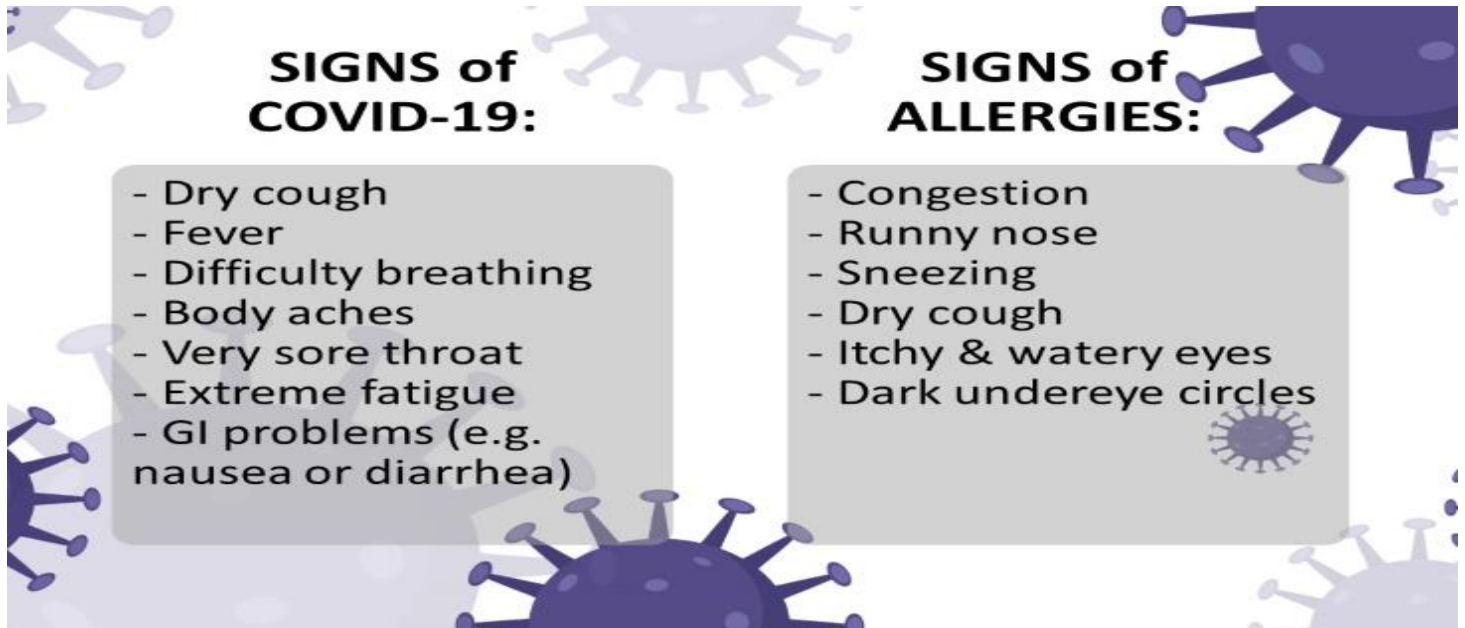
Nurse Courtney

Email: claporte@cabiautism.org

If you have any questions please do not hesitate to contact me.

Treatment (discuss options with your doctor)

- Depends on the severity of the allergy.
- Over the counter antihistamine medications such as Claritin or Zyrtec
- Prescription medication
- Allergy shots



COVID-19 (The Coronavirus)

Cleaning with soap and water removes germs, dirt, and impurities from surfaces. It lowers the risk of spreading infection. *Disinfecting* kills germs on surfaces. By killing germs on a surface after cleaning, it can further lower the risk of spreading infection.

Surfaces frequently touched by multiple people, such as door handles, bathroom surfaces, and handrails, should be cleaned with soap and water or another detergent at least daily.

Disinfecting tablets and phones

1. Using a 70 percent isopropyl alcohol wipe or Clorox Disinfecting Wipes, you may gently wipe the hard, nonporous surfaces of your product, such as the display, keyboard, or other exterior surfaces.
2. Don't use bleach.
3. Avoid getting moisture in any opening, and don't submerge your product in any cleaning agents.
4. Don't use on fabric or leather surfaces.



Healthy Food of the Week

Challenge your child to eat/try...

Avocados!

Benefits of Avocados:

1. Nutrient rich
2. They are packed with good fats that keep you fuller longer. Eating healthy fats supports skin health, enhances the absorption of fat-soluble vitamins, minerals, and other nutrients.
3. Helps to maintain healthy cholesterol levels.
4. Avocados contain lutein and zeaxanthin, two phytochemicals that are especially concentrated in the tissues in the eyes where they provide antioxidant protection to help minimize damage, including from ultraviolet light.
5. Half of an avocado provides approximately 25 percent of the daily recommended intake of vitamin K which is essential for bone health.