

HAY FEVER AT PRIMROSE HILL

Hay fever, also called allergic rhinitis, causes cold-like signs and symptoms, such as a runny nose, itchy eyes, congestion, sneezing and sinus pressure. But unlike a cold, hay fever isn't caused by a virus. Hay fever is caused by an allergic response to outdoor or indoor allergens. Hay fever can affect your performance at work or school and generally interfere with your life. But you don't have to put up with annoying symptoms. You can learn to avoid triggers and find the right treatment.

Known irritants are:-

- Pollen
- Dust mites
- Tiny flecks of skin and saliva shed by cats, dogs, and other animals with fur or feathers.
- Spores from indoor and outdoor fungi

Known symptoms are:-

- Runny nose and nasal congestion
- Watery, itchy, red eyes (allergic conjunctivitis)
- Sneezing
- Cough
- Itchy nose, roof of mouth or throat
- Swollen, blue-colored skin under the eyes (allergic shiners)
- Postnasal drip
- Fatigue

The management of hay fever

There's no way to avoid getting hay fever. If you have hay fever, the best thing to do is to lessen your exposure to the allergens that cause your symptoms. Take allergy medications before you're exposed to allergens, as directed by your doctor.

Primrose Hill Primary School:-

- Encourages and helps children with hay fever to participate fully in all aspects of school life.
- Recognises that hay fever is a condition affecting many school children.
- Ensures that the school environment is favourable to children with hay fever, eg. no animals in the classroom.
- Ensures that other children understand hay fever so that no stigma is attached to the condition.
- Works in partnership with parents, school governors, health professionals, school staff and children to ensure that children with hay fever can integrate in the everyday workings of our school

We ask our parents:

- To update us if their child needs medication at home for their condition.
- Ask parents to inform the school office if their child develops the condition.

Current School Practice

Parents are asked if their child has any medical problems on admission. Hay fever is noted on the child's information sheet and registered on SIMS. This information is passed up through the school. Each member of staff has a copy or has access to a copy of this documentation.

COVID UPDATE 2020

The below is the advice of: <https://www.allergyuk.org/about/latest-news/1216-advice-around-allergy-and-coronavirus-covid19>

'Do not mistake hay fever symptoms for coronavirus. The symptoms of coronavirus are a high temperature and a new, continuous cough. Hay fever does not cause a high temperature and most people with hay fever do not feel unwell. Mild to moderate hay fever is easily treated.'

At Primrose Hill, all children who have hay fever are known to us. If a child can be seen visibly suffering the symptoms of hay fever, a discussion will be had with parents at the end of the day. Tissues, antibacterial wipes are readily available in every classroom and all children/ staff have been taught about our 'Catch it, bin it, kill it' response to coughs and sneezes. In addition all staff have undertaken an online hand washing course. All children have been taught how to wash their hands properly in school. Please see our school Covid risk assessment for full details.