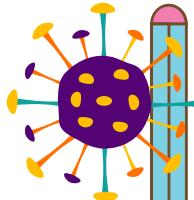




FEBRUARY HEALTH NEWSLETTER 2026

SEASONAL AND FOOD ALLERGY: GUIDANCE & PREVENTION



Dear Parents and Students,

February is a period when allergy-related symptoms are commonly observed among children due to seasonal changes and food sensitivities. This newsletter presents key information on seasonal and food allergies, highlighting common triggers, symptoms, and general health considerations relevant to the school environment.

UNDERSTANDING ALLERGIES



An allergy occurs when the immune system reacts to a usually harmless substance (allergen). Common allergens in children include pollen, dust, certain foods, insect stings, and medications.

1. SEASONAL ALLERGIES (HAY FEVER)

Seasonal allergies are commonly triggered by:



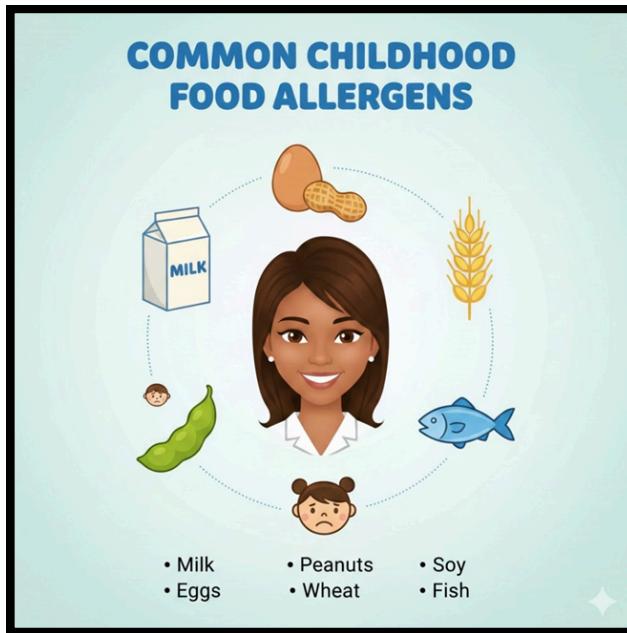
Seasonal allergies are commonly triggered by:

- Pollen from trees, grass, and weeds
- Dust and dust mites
- Mold spores

Common Symptoms:

- Sneezing and runny or blocked nose
- Itchy or watery eyes
- Coughing or throat irritation
- Headache and fatigue

2. FOOD ALLERGIES



Food allergies can cause a range of reactions, from mild to severe.

Common Food Allergens in Children:

- Milk and dairy products
- Eggs
- Peanuts and tree nuts
- Wheat
- Soy
- Fish and shellfish

Possible Symptoms:

- Skin rashes or hives
- Swelling of lips, face, or eyes
- Stomach pain, vomiting, or diarrhea
- Breathing difficulty (in severe cases)

ALLERGY AWARENESS: KEY INFORMATION

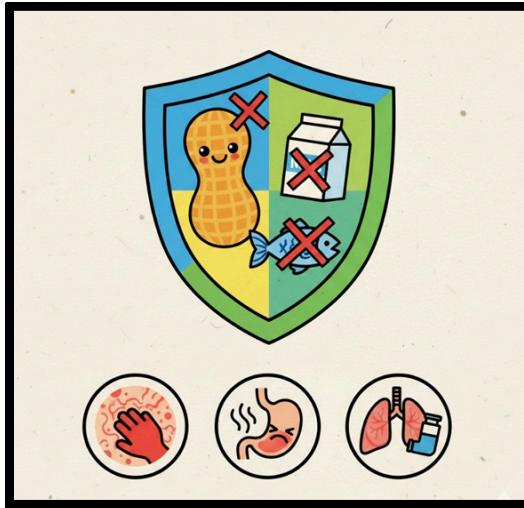
This section provides a brief overview of how seasonal and food allergies may affect children during the school year.

SEASONAL ALLERGIES



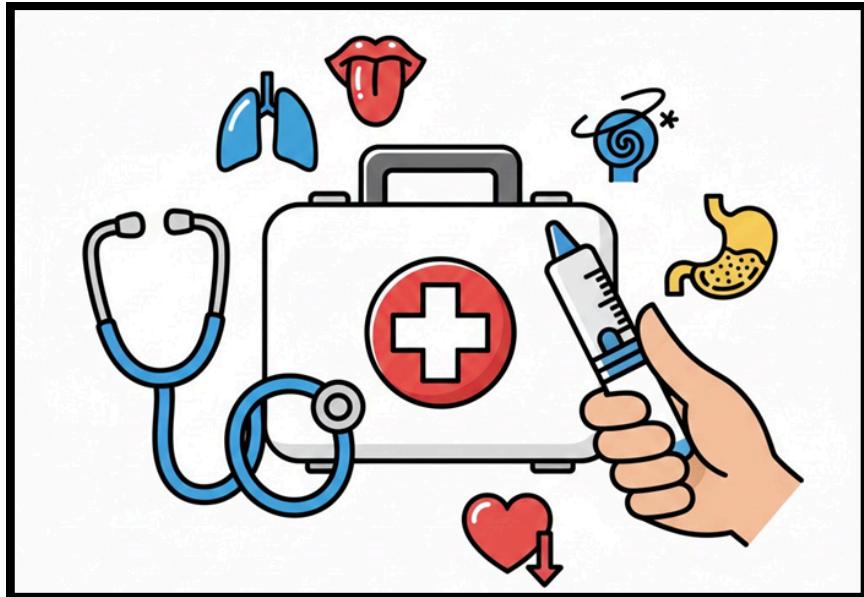
- Symptoms may increase during seasonal changes due to pollen, dust, or mold exposure
- Common signs include sneezing, nasal congestion, itchy eyes, coughing, and fatigue
- Symptoms can vary in severity from child to child

FOOD ALLERGIES



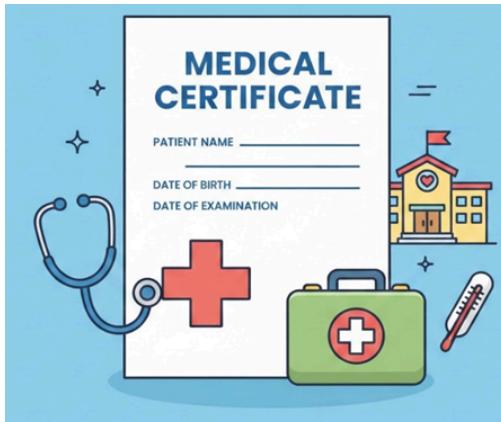
- Food allergies are immune reactions to specific foods and may occur even in small amounts
- Reactions may involve the skin, stomach, or respiratory system
- Severity can range from mild discomfort to serious medical emergencies

ALLERGY-RELATED MEDICAL EMERGENCIES



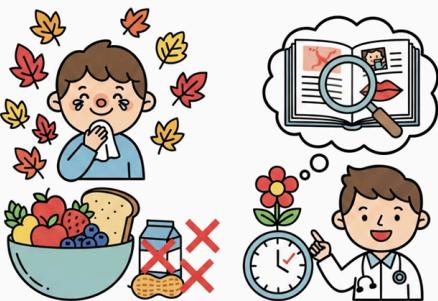
Certain allergic reactions may require immediate medical attention. These can include difficulty breathing, swelling of the tongue or throat, severe vomiting or dizziness, or a sudden drop in blood pressure (anaphylaxis).

Health Information Sharing with the School



To support student well-being during the school day, relevant medical information may be shared with the school when required. In cases of illness, submitting medical details or certificates helps maintain accurate health records and assists the medical team in following necessary safety and precautionary procedures.

Understanding Allergies in Children



Seasonal and food allergies are commonly seen in children and may present with a wide range of symptoms. Understanding typical triggers and recognizing possible reactions can support early identification and appropriate response. Continued awareness of allergy-related information contributes to a healthier and safer school experience for students.

Warm regards,
School Medical Team
DPS Modern Indian School