



NEWS FLUSH

All Things Seem Possible in May

#SOUTHERNSTRONG

CONGRATULATIONS 2020 GRADUATES!



Health Services is here to help you maintain your health!



We are available for telephone consultations and video conferencing.

To make an appointment, log into you patient portal using your SCSU credentials.

Celebrating does not have to end in quarantine!

- Have friends and family write down special messages to help you celebrate!
- Show your Southern Pride! – Decorate your front door with school colors to celebrate the end of the school year!
- Hold a brunch or dance party via zoom to celebrate all of your accomplishments .

****For Information regarding the latest updates on COVID-19 visit**

<https://www.cdc.gov/coronavirus/2019-nCoV/index.html>**

Asthma & Allergy Awareness Month



Tis the season?

May is known as a peak season for many asthma and allergy sufferers.

Pollen, weeds, grasses, dust mites. and molds are the most common environmental allergens.



No Allergies? Than why am I having symptoms?

It is common to start having allergy symptoms later on in life.

Reasons allergies develop later on in life are usually caused by a hypersensitive immune response or overexposure to allergens.

Common Symptoms

Watery/itchy eyes
Sneezing
Runny Nose
Scratchy Throat
Rashes /Hives

Allergies are known to trigger asthma symptoms that can result in coughing, wheezing and some shortness of breath.

Outside Activities

Choose the right time of the day to exercise outside like early morning and late evening. Allergens such as pollen peak around noon and early afternoon.

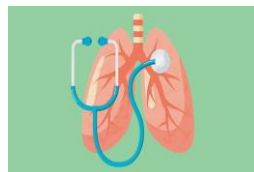
Always keep any emergency medications at hand when outside in case asthma symptoms are activated.

The Red Flags of Asthma and Allergies

Productive cough, wheezing and tightness in chest are red flags and require medical attention when prescribed medications are not effective.

For any questions or concerns, contact Health Services

Contact 911 with any difficulty breathing, shortness of breath, as well as any throat, tongue or lip swelling also know as anaphylaxis reactions.



**** Always consult with Health Services or your health care provider about medications you take**** Over the counter medications that may help with mild symptom management include anti-histamines (Zyrtec, Claritin, Allegra or Benadryl).