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May 2019 Newsletter

Triggers (Things that cause an attack) Include:

Strong odors like perfumes, scented lotion and hair products, cleaning products, air fresheners, including plug ins.

Also, second hand smoke, weather (very hot or cold), dust, mold, and food allergies.

Outdoor triggers:

Pollen from trees, grass plants and flowers and air pollution.



MAY IS ASTHMA & ALLERGY AWARENESS MONTH

WHAT IS ASTHMA?

It is a chronic airway (lung) disorder that when triggered restricts breathing. The airway becomes swollen (smaller) or inflamed. Less air gets in and out of the lungs and mucous begins to build up clogging the lungs making it difficult to breathe. If asthma is not controlled it can eventually cause death.

SYMPTOMS OF ASTHMA INCLUDES:

A whistling or wheezing sound, chest tightness, shortness of breath, headache, vomiting, and coughing * sometimes coughing is the only symptom.

TO HELP STUDENTS AVOID TRIGGERS WHILE IN SCHOOL WE CAN:

Report unusual odors, and mold to the building maintenance staff
Use only low odor instructional art and science products and follow manufacturer's instructions. Avoid the use of aerosol products. Be aware that aerosols and harsh chemicals can trigger breathing problems and rashes in sensitive individuals.

