

VIBE ACTIVITIES

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HEALTHY VIBE

Allergy overload

Nip those springtime allergies in the bud

HEALTHY BODY

WINTER'S OVER...
THE JUMPERS AND
TRACKIES GO BACK IN
THE CUPBOARD AND IT'S TIME
TO HEAD OUTDOORS TO ENJOY
THE SUN AS THE WEATHER
STARTS TO WARM UP AGAIN.

Flowers bloom, and trees and grass spring back to life, but no sooner do you step into the open air than your eyes start to water and itch, your nose runs like a tap and you can't stop sneezing.

'What's this?' you may think to yourself. Chances are you've got yourself a nasty case of seasonal allergies.

Seasonal allergic rhinitis, more commonly known as Hay Fever, affects millions of Australians at this time of year. It occurs when an allergen, usually pollen, is inhaled by someone who has a sensitised immune system.

Hay Fever is an allergic reaction that can cause a variety of unpleasant symptoms like sneezing, watery and itchy eyes, an itchy throat and an itchy and runny/blocked nose.

Although rare, symptoms can sometimes become severe and include sweats, headaches, loss of smell and taste, facial pain caused by blocked sinuses and a spread of itchiness from the throat to the entire face.

These symptoms are a result of our immune system seeing a harmless substance, such as pollen, as harmful and then launching an attack by releasing a chemical called histamine, which causes the symptoms.

Sometimes Hay Fever can also cause other complications and reduce your quality of life in general.

Asthma can be worsened by Hay Fever. It can cause Asthma symptoms to become worse – coughing, wheezing and having a tight chest, in particular – so make sure you keep your medication on you at all times.

Hay Fever sufferers may find they have poor quality sleep, too, because of the associated symptoms.

Prolonged sinus congestion as a result of Hay Fever may increase the chances of Sinusitis – an infection of the membrane that lines the sinuses.

In children, Hay Fever is often a factor in the middle-ear infection known as *otitis media* (glue ear).

But don't give up hope yet. The good news is that there are many effective treatments for fighting Hay Fever.

Corticosteroid nasal sprays can help to reduce inflammation in the nose, which is the cause of nasal blockage and other symptoms.

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Antihistamine medications are useful in controlling sneezing and itching, but ask your doctor first if you're breastfeeding as some can cause your child to become irritable and restless.

Certain eye drops will relieve itchy, swollen and watery eyes and you can ask your pharmacist to help you choose the right ones.

Decongestant nasal sprays will provide quick relief with blocked sinuses, but they should only be used temporarily because prolonged use can damage the lining of the nose.

Then there's Immunotherapy, which exposes a person to increasing amounts of the allergen to improve the body's tolerance and reduce symptoms. This should only be done under medical supervision.

Here are some simple things you can do to prevent or lessen the symptoms of Hay Fever:

- Stay inside on windy days or after a thunderstorm.
- Smear Vaseline around your nostrils to stop pollen from getting through.
- Choose plants for your garden that are pollinated by birds or bees rather than ones that release seeds into the air.
- Splash your eyes with cold water, which will flush out pollen.
- Avoid mowing the lawn in spring.

A doctor can make a diagnosis from your symptoms, but they may also perform a blood or skin test to determine which allergen is causing Hay Fever.

They may also ask for your personal and family history because genetics and lifestyle factors can sometimes cause Hay Fever.

After a long, cold winter, Hay Fever's the last thing you need, so if you have minor but irritating symptoms, try some of the simple ideas mentioned above. If your symptoms are overwhelming and affecting your day-to-day life, see your doctor or local AMS.



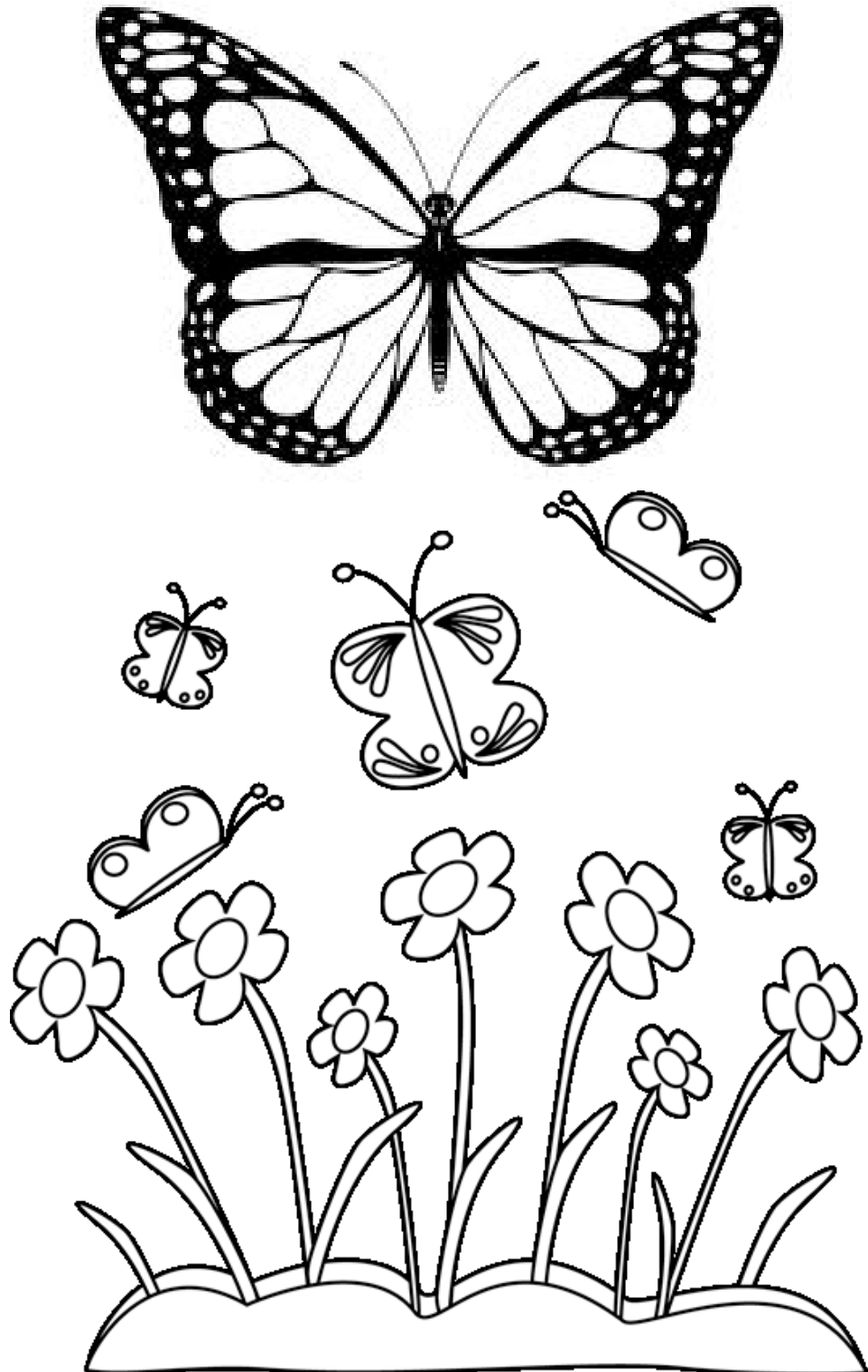
Spring is here!

When the weather starts to get warmer, lots of flowers and grasses come out and spread their pollen.

A lot of people are allergic to these pollens. It is called hay fever. This can cause sneezing, a runny nose and itchy, watery eyes.

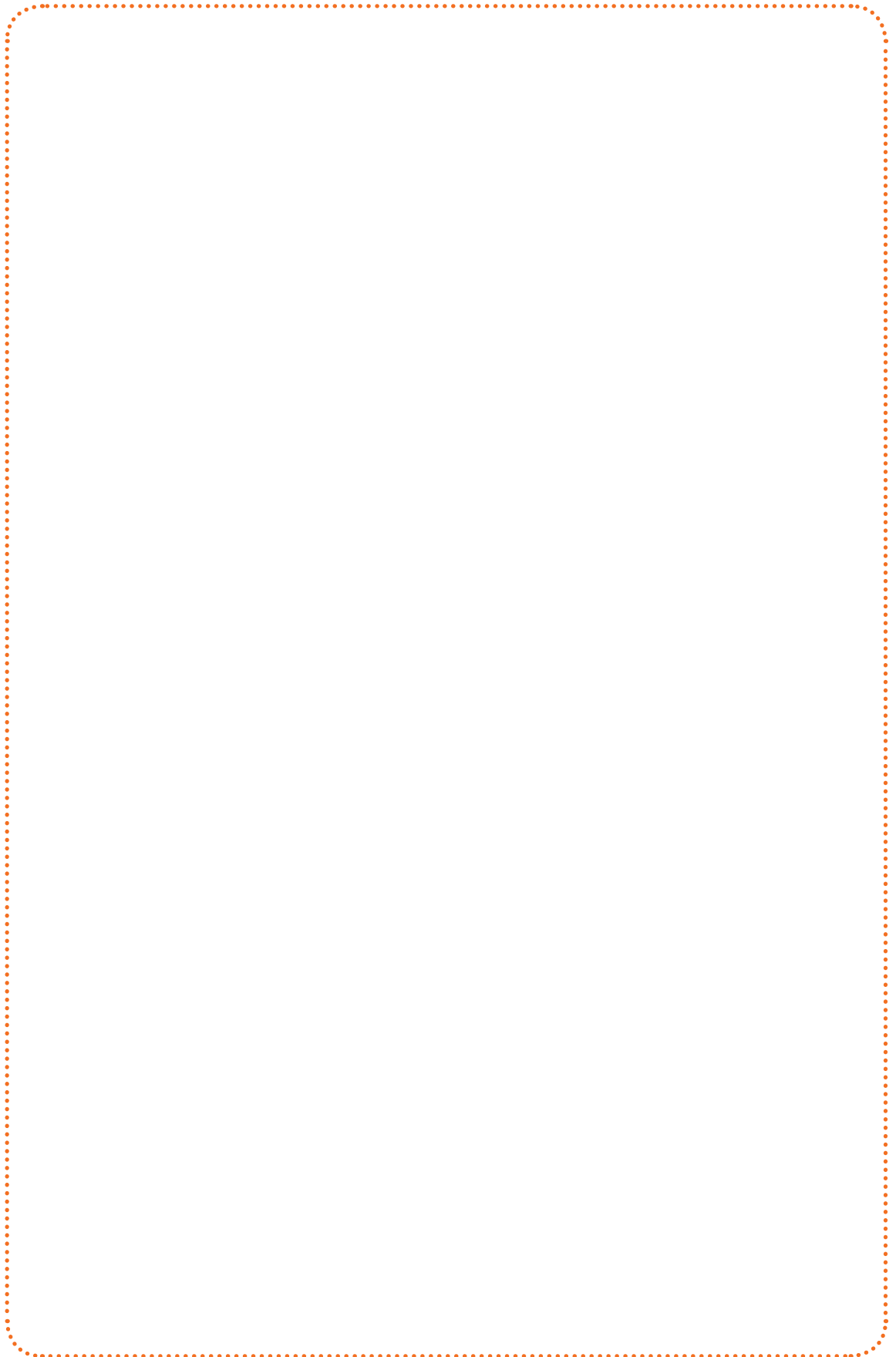
ACTIVITY 1

COLOUR THESE SPRING PICTURES.



ACTIVITY 2

DRAW A PICTURE OF ALL THE THINGS YOU LOVE ABOUT SPRINGTIME.



ACTIVITY 3

MATCHING WORDS

- 1** Look at the word in the left column. Write it in the column below the word.
Draw a picture in the right column.

flower

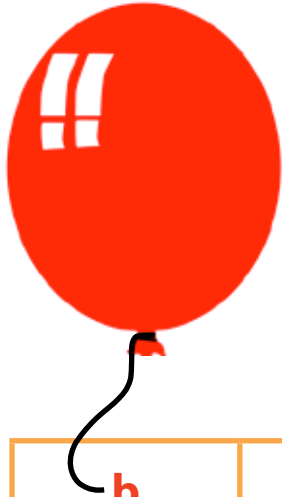
grass

tree

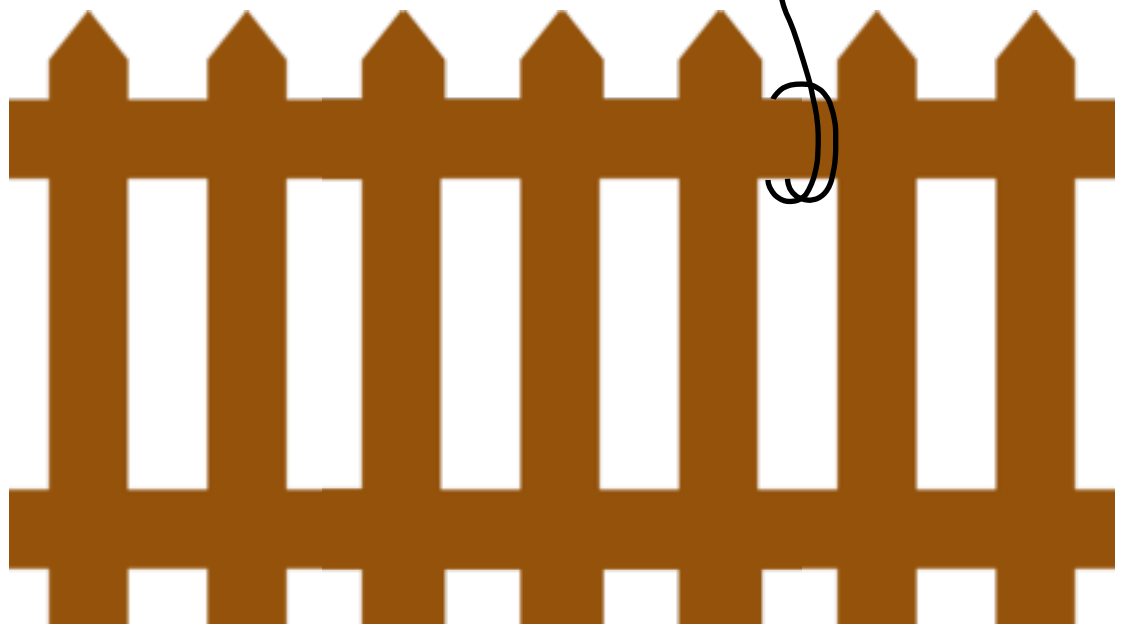
ACTIVITY 4

FOLLOW THE Bb!

- 1 The balloon is flying away! Draw a path from the balloon to the fence to tie it down by following the letter **B** and **b**.



b	o	B	b	F
B	B	B	b	b
c	b	b	E	B
a	M	S	b	B
D	n	t	B	g



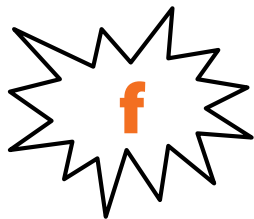
ACTIVITY 5

WORDS ENDING IN -ish

1 Make words using the ending sound and the letters around it.
Write the word and draw a picture for each.

Word

Picture



ACTIVITY 6

MAKING A SENTENCE

- 1 Cut and glue the words below to make a sentence.
Use the capital letter and full stop as a guide.



to have eyes when

hay you Your fever.

start itch