

Notes from the Nurse

APRIL

April showers bring May flowers.... And can trigger allergies and asthma. Use these tips to minimize symptoms:

- Follow the pollen & air quality report via the Asthma, Allergy, and Immunology Center of Alaska website
- Limit outdoor activity when pollen counts are high
- Change clothes after coming inside
- Shower daily before bed
- Keep windows closed and use air filters in the home
- Start taking allergy treatments before pollen season begins



CDC Centers for Disease Control and Prevention
CDC 2025 Spring Use: Preventing Measles

Are you or your family members at risk of contracting measles?

Measles is a vaccine-preventable disease that is highly contagious, has the potential of causing serious health complications, can require hospitalization, and may result in death. As of March 20, 2025, Alaska is among 17 states with reported measles outbreaks in the U.S.

Since vaccine development, immunization requirements for measles have changed. Today the American Academy of Pediatrics recommends 2 doses of the MMR vaccine for measles prevention, among other diseases. If you were vaccinated on or before 1989, you may have only received one dose of the MMR vaccine.

If you or your family members are not fully vaccinated, you are at risk. Health experts are asking the public to take extra precaution if they plan to travel internationally or to regions of the US with emerging cases. If you do not have vaccination records, check with your primary care provider. If you received most of your vaccines in Alaska, chances are your records are in the state database. You can also contact the Anchorage Health Department to help you locate necessary records.

Please contact your school nurse with any questions, including inquiry on free vaccines.

Alaska Ninja Warriors



**Nick Hansen
&
Forest Strick**



Friday, April 25th
Ninja Warrior PE take over
&
Special evening event 5:30pm-
7:30pm