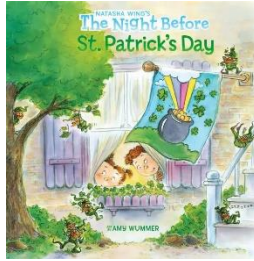




DOVER AREA SCHOOLS:

3 HOUR EARLY DISMISSAL – MARCH 25TH



WEST YORK SCHOOLS:

2 HOUR DELAY – MARCH 7TH

NO SCHOOL – MARCH 25TH AND 28TH

March Book Recommendation

The Night before St. Patrick's Day by: Natasha Wing

What do you do the night before St. Patrick's Day in your house? In Natasha Wing's book, Tim and Maureen are decorating and making traps to catch a leprechaun. As you know, catching a leprechaun is not easy, and the joke is on them when a leprechaun makes a giant mess and escapes. This adorable rhyming book is patterned after *The Night Before Christmas*, and it's a great book to get kids excited about St. Patrick's Day.

What are allergies?

Allergies occur when your immune system reacts to a foreign substance — such as pollen, bee venom or pet dander — or a food that doesn't cause a reaction in most people.

Your immune system produces substances known as antibodies. When you have allergies, your immune system makes antibodies that identify a particular allergen as harmful, even though it isn't. When you come into contact with the allergen, your immune system's reaction can inflame your skin, sinuses, airways or digestive system. The severity of allergies varies from person to person and can range from minor irritation to anaphylaxis — a potentially life-threatening emergency. While most allergies can't be cured, treatments can help relieve your allergy symptoms.

Symptoms:

Allergy symptoms, which depend on the substance involved, can affect your airways, sinuses and nasal passages, skin, and digestive system. Allergic reactions can range from mild to severe. In some severe cases, allergies can trigger a life-threatening reaction known as anaphylaxis.

Prevention:

Preventing allergic reactions depends on the type of allergy you have. General measures include the following:

- **Avoid known triggers.** Even if you're treating your allergy symptoms, try to avoid triggers. If, for instance, you're allergic to pollen, stay inside with windows and doors closed when pollen is high. If you're allergic to dust mites, dust and vacuum and wash bedding often.
- **Keep a diary.** When trying to identify what causes or worsens your allergic symptoms, track your activities and what you eat, when symptoms occur and what seems to help. This may help you and your doctor identify triggers.
- **Wear a medical alert bracelet.** If you've had a severe allergic reaction, a medical alert bracelet (or necklace) lets others know that you have a serious allergy in case you have a reaction and you're unable to communicate.

