



The Health and Counseling Center Presents:
The Stall Street Journal

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SPRING INTO LONGER DAYS AND THE END OF THE SEMESTER

Acchooooo! Allergy Season

Portland in Spring; streets are lined with pink cherry blossom petals, and our pockets are lined with Kleenex! Here are some tips to combat allergy season:

-Nose rinse: Rinsing out the nose with salt/sterile water can get rid of pollen in the nose.

-Steroid nose sprays: Many are available without a prescription, and work best if you use them every day. Full effects can take a few days. They are more effective than other allergy medicines for stuffy nose and post-nasal drip.

-Antihistamines: Help stop itching, sneezing, and runny nose (but steroid nose sprays work better for stuffy nose). Histamine response is like pain-stay ahead of it by taking medications before your symptoms start. Check for non-drowsy!

-Antihistamine eye drops: Available without a prescription, and can help with eyes that feel itchy.

-Decongestants: can reduce stuffy nose symptoms. People with certain health problems, such as high blood pressure, should not take decongestants. Also, they are for short term use. Using decongestant nose sprays for more than 3 days in a row can make symptoms worse.

-Allergy shots: Prescriptions require a provider and allergy testing. Shots are usually given every week or month by a doctor. They contain tiny amounts of allergens, such as pollen. This can take months to work, but reduces symptoms for many people.

-Allergy pills (under the tongue): Similar to allergy shots, pills can be prescribed by a doctor, and taken every day for several months of the year.

Try these alternative interventions:

-Take a shower before bed to rinse pollen off skin and hair, and change bedding weekly.

-Avoid exposure if possible. Wear a mask outside and close windows in the house or car.

-Try air purifiers for dust, pollen and other sensitivities.



HCC Staff Spotlight:

Anne Kimberly- *Medical, Family Nurse Practitioner*

- Time at Reed: Over 22 years!
- Outside of the office: Globe trotting, fostering animals, foraging, backpacking.

Skylar Wilson-Ko- *Counseling, Marriage and Family Therapist*

- Started at Reed: September 2023
- Favorite: All things crafty! Pottery, Gardening, Knitting/Crochet

HCC Spring Events

- **Harm Reduction Tabling**
 - **3/22 and 4/15, 11:30-1:30, GCC Patio**
 - Learn more about safe substance use and test your knowledge to win prizes (socks), and FREE Narcan,
- **Tea Time**
 - **3/28, 11:30-1:30, GCC Patio**
 - Make a custom relaxing herbal tea blend
- **Come Plant a Nature Friend**
 - **4/1, 11:30-1:30, GCC Patio**
 - FREE plants, benefit from a green pal with the counseling team
- **Eco-therapy Workshop**
 - **Ongoing- 4/2, 4/9, 4/16, 4/23, 2:30-4:00, Location provided after registration**
 - Pre-register to participate in the 2 part nature practice.
- **Nature Based Mindfulness**
 - **Thursdays-3:00, South Lawn, in front of the ODB/Winch Hall**
 - Relax and tune into your senses as you join the counseling team for a guided outside walk
- **Calming Kits Tabling**
 - **4/16, 11:30-1:30, GCC Patio**
 - Supplies to make a custom kit to get you through finals week
- **Honor Earth with a Love Letter**
 - **4/19, 11:00-2:00, GCC Lawn**
 - The HCC is partnering for Earth Day and invites you to celebrate and appreciate!

Refill your Medications!

Do you have medications prescribed through the HCC? If so, please make sure you are set with refills to cover you through the Summer Break for any daily medications like HRT and psychiatric medications. The HCC will be closed during the Summer. If you are traveling out of Oregon, certain medications may not be prescribed across State lines. Be prepared, and contact your provider before the end of the term!

Contact the HCC to make an appointment: (503)777-7281 / health-services@reed.edu / After hours nurse triage line: (800)214-4469 / After hours crisis counseling line: (866)432-1224