

Asthma Checklist

It's a new school year! Does your child have everything we need to make this a safe, healthy school year?

Asthma Management Plan (Action Plan):

1. Bring an asthma action plan to school or get with your school nurse to get an asthma action plan in place.
2. An asthma action plan outlines what to do when asthma is well controlled, worsening, or requires emergency medical attention.

Medication:

- Take medication as prescribed and use a spacer if recommended.
- Make sure your child always carries their rescue inhaler (such as albuterol) and spacer with them at all times while at school.
- Refill asthma medications before they are empty or expired.

Talk to Your Child's Teachers and Coaches:

- Teach your child to tell the teacher as soon as he/she isn't feeling well.
- Ensure that each teacher and coach receives a copy of your child's asthma action plan.
- Make sure the school has updated emergency contact information.
- Notify your child's teachers and coaches of your child's specific triggers and how to avoid them.

Knowledge of Triggers:

- Be sure you and your child know your child's asthma triggers.
- Avoid exposure to triggers as much as possible.
- Examples of triggers can include:
 - Mold, dust, pollen
 - Cleaning products or strong fragrances
 - Weather or temperature changes
 - Exercise

Prevent Infection:

- Wash hands with soap and water.
- Provide hand sanitizer when appropriate.
- Avoid contact with sick people.
- Teach children to cover coughs and wash hands properly.

Get Vaccinated:

- Get vaccinated against the flu each year to protect against new and changing influenza strains.
 - The flu vaccine may be available at no cost for people with respiratory conditions.