



Your Child Has ASTHMA...

1 Talk to the school office/staff. How does the school manage asthma?

2 Include asthma on all health/medical forms.

3 Talk to your child's teacher(s).

Tell them about:

What makes your child's asthma worse?

Colds, exercise, smoke, mould, dust, animals, plants, strong smells, extreme temperatures, weather changes.

Signs of worsening asthma:

Examples: coughing, wheezing, shortness of breath, chest tightness.

Medications:

- WHAT medication(s) does your child use?
- HOW much do they use?
- WHEN do they use it?
- WHERE is the medication kept?
- Does your child know how use it on their own?
- Do they need help using it?

4 Ensure Asthma medications are easily accessible at school.

It is important to have reliever medication (usually blue) at school.

5 Talk to your child.

Encourage them to tell you if they have problems with their asthma. Follow up as needed with their health care provider.

6 Talk to your Doctor.

Get an Asthma Action Plan filled out.

REMEMBER: All children need to be physically active! Avoiding exercise is NOT a solution.



For more information visit www.asthmainschools.com