



Back to School Asthma Checklist

reduce the risk of asthma during the school year by checking all the boxes!



Understand what asthma is and know your child's triggers

Asthma is a condition where it is hard for someone to breathe when they participate in certain activities or get near something that bothers their lungs. To control your child's asthma, it is important to keep them away from their triggers and to follow their Asthma Action Plan. Remember that triggers can take many forms including, pets, mice/rodents, cockroaches, chemicals, scents, cold/flu, smoke, pollen, mold, and weather.



Get an Asthma Action Plan and share it!

An Asthma Action plan is a plan created by your child's medical provider that provides a roadmap for how to take care of your child when they are well, experiencing asthma symptoms, and in an emergency situation. It is important to have an up-to-date asthma plan and to share it with all who take care of your child, including your school nurse, before and after school programs, and friends and family members who understand how your child's asthma medication works.



Know your medications, and take them as prescribed

- Take medication as prescribed and use a spacer if your inhaler allows it.
- When your child is having an asthma attack, use a reliever medication or "rescue medication", such as Albuterol, for quick relief.
- Asthma longterm controller medications, such as Flovent, are effective if taken every day, as directed by your child's doctor.
- Make sure inhalers are not empty or out of date. Tell your child's doctor if your child is using it twice a week or more to control their asthma. See your child's doctor if you have any concerns.
- Talk with your child's school nurse, teacher, or principal about your child keeping asthma medication in their bag with doctor written permission.



Get a flu shot!

According to the Center for Disease Control and Prevention, respiratory infections such as the flu can affect your lungs, causing an asthma attack. Getting vaccinated is the first and most important step you can take to protect yourself and your loved ones from the flu.



Keep active, the safe way

Ask your doctor if your child needs to use their quick relief inhaler before participating in any physical activities.



Talk to your child's teacher about their health needs

- Ensure your child understands the importance of telling a teacher if they are not feeling well.
- Give your child's teacher a copy of their asthma action plan and explain any triggers or warning signs they should be aware of.
- Make sure your child's school has your emergency contact information.

We **strongly** encourage allergy testing as recommended in the National Asthma Management Guidelines. Research shows that allergy test results help providers tailor interventions for improved health outcomes. Talk with your child's medical provider to understand and tailor a plan that will help your child stay healthy during the school year.

