

Back to School Checklist for Children with Asthma

Children with poorly controlled asthma are limited in their ability to participate in usual children's activities and frequently miss school. This impacts their education and learning performance.

An asthma attack at school requires immediate relief using short-acting medication, thus the need to have access to this medication at all times is critical.

Follow these steps to start the school year healthy:

1. Know your school nurse. Access to school nurses is one of the most important factors in controlling asthma for students.
2. Develop an up-to-date asthma action plan with your health care provider before school begins and give it to the school nurse. Keep a copy at home.
3. Check on school policies and practices allowing students to carry asthma medication.
4. Make sure your child knows how to properly use the medication.
5. Talk to school administrators and instructors about possible triggers and whether school staff members receive annual training on recognizing and responding to severe asthma symptoms.
6. Learn about asthma and become partners in your child's own care.



Additional Resource:

American Lung Association

<http://www.lung.org/about-us/our-impact/top-stories/prepare-to-go-back-to-school-with-asthma.html>

