



Fall Asthma Triggers

 **WEEDS AND GRASSES:**

Pollen counts are at their highest the day after rain or on windy days.

 **MOLD:**

Outdoor mold comes from rainy weather. Mold spores attach to browning dead leaves, so triggers might worsen as more trees lose their leaves.

 **CHANGE OF WEATHER:**

Cold, dry air can irritate your airways and nasal passages. It can be especially troublesome for people with exercise-induced asthma.

 **BACK TO SCHOOL:**

Spending more time indoors and around bigger crowds of people can spread viruses and colds more readily. Encourage hand washing prior to lunch and after recess. No sharing foods!

Back-to-School Mental Health Tips for Children and Teenagers

Dr. Hannah Welch and Dr. Corinne Catarozoli (Department of Psychology)

Heading back to school can be exciting but also a bit stressful. These tips offer simple ways to manage that stress, build confidence, and set up healthy habits for a successful year ahead.

Establish a Consistent Sleep Routine:

A regular sleep schedule is crucial for mental and physical well-being. Aim for between 9-12 hours of sleep per night, depending on your child's age, to ensure they are well-rested.

Manage Screen Time:

Excessive screen time can lead to increased stress and anxiety. Set limits on the amount of time spent on devices, especially before bedtime.

Practice Mindfulness and Relaxation Techniques:

Teach your child simple mindfulness exercises to help them manage stress and anxiety. These techniques can improve focus and emotional regulation.

Encourage Open Communication:

Create an environment where your child feels comfortable discussing their feelings and worries. This can reduce the build-up of stress and anxiety.

Challenge and Reframe Worry Thoughts:

Teach your child to recognize and challenge negative or anxious thoughts. This helps build resilience and a more positive mindset.

Encourage Social Interaction:

Positive social connections are key to emotional well-being. Encourage your child to engage in activities that promote social interaction, especially in-person activities.

Promote a Balanced Diet and Physical Activity:

Good nutrition and regular exercise can significantly impact mood and energy levels. Encourage a balanced diet and daily physical activity.

Practice New Routines to Build Confidence:

Familiarity with new routines can reduce anxiety and build confidence for the first day of school. Practice morning and after-school routines a few days before school starts.

Please visit the Asthma Program website (scan the QR code on page 2 of this newsletter) for some mental health tools!



What do you want to see on future newsletters?
Use this QR code to give us feedback.

Let's talk about influenza ("flu") and the flu vaccine!

What is the flu?

The flu is a contagious respiratory illness caused by the influenza virus. People with the flu can spread it to others by coughing, sneezing, or talking.

When is flu season?

In the United States, it often begins in October and lasts until as late as May.

Why is the flu vaccine important?

The flu vaccine is important to get every year to reduce the risk and complications of the flu.

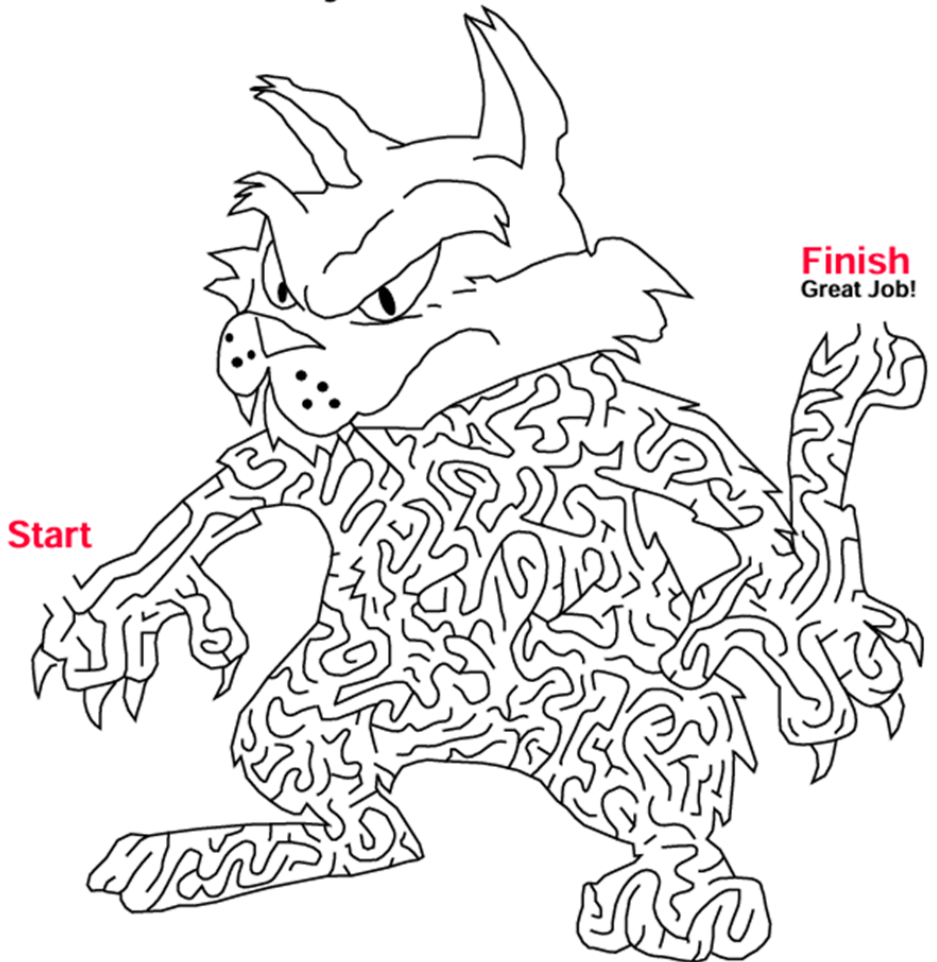
Where can I get the flu vaccine?

Please refer to your primary care physician (PCP) or pharmacist at your local pharmacy.

Are there any other vaccines I should be aware of?

Speak with your PCP regarding what other vaccines may be important for this upcoming season.

Meeyowa Monstera Maze



Beware of Meeyowa Monstera, the Cat Hairress. For people with cat allergies, a nine-pound cat like Meeyowa is nearly as bad as having a tiger living in the house, but she can sure make you feel sick, causing sneezing and wheezing. Your doctor might suggest medicines, including allergy shots, to help you. Allergy shots can also be used to control allergies to other bad guys, like dust mites. Your doctor may also suggest some medicines and will tell you how to avoid those things that cause problems for you.

If you visit someone who has a cat at their house, take a shower and wash your hair and clothes as soon as you get home.

Medication Administration Form (MAF)

A MAF is a document signed by your doctor and parent/guardian allowing you to take medications at school.

MAF FAQs

Who should have a MAF?

Whoever is authorized to give the medication, whether it's you or someone qualified such as your school nurse, should have the form.

Where can I get a MAF?

Speak with your provider about obtaining a MAF. The form may look different depending on what medication it is being used for.

This form will have important info like:

- The **name** of the medication
- **How** the medication should be taken
- What the medication is being **used for**
- List of **allergies**
- List of **other medications** you may be taking



For any questions or additional information, visit our website through this QR code.





Asthma Champion Spotlight: Community Health Worker (CHW) Program

The Pediatric CHW Program represents a collaboration between the Center for Community Health Navigation and community based organizations and aims to provide culturally-sensitive, peer based support.

Who Is Eligible for our Program

Caregivers of children with poorly managed asthma and children with special health care needs.

How Do We Help

Provide referrals/support with:

home/environmental assessment/integrated pest management, EI/CPSE/CSE/OPWDD, SNAP and other public benefits, appointment adherence, medical insurance.

How To Connect with a CHW

Speak with your healthcare provider, an asthma educator, or a social worker to be connected with a CHW.

Questions

Contact: Henley Vargas, Program Manager, at 347-899-1624 or email hev9012@nyp.org

Meet our Community Health Workers

Stephanie's Story

I am a second-generation immigrant born to Ecuadorian parents. Growing up, my siblings and I often helped our parents and family members by translating forms and completing applications. I witnessed people struggling for food and housing. My mom always tried to help others but had limited resources. I often wondered about the various resources available in New York and how people could access them. Fast-forward to the present, I have the opportunity to work as a Pediatric Community Health Worker, where I can provide families with the resources they need. I can share my knowledge of resources with people facing food insecurity, housing instability, and health disparities. Aside from being a Community Health Worker, I enjoy nature, and whenever possible, I go hiking or travel.

Emelissa's Story

I have been working as a certified Community Health Worker for the last three years. Previously, I served as a daycare provider where I worked with children for more than five years. I was trained as a CHW at Make the Road New York. Right after completing the training, I had the amazing opportunity to work for the Pediatric CHW program. My hobbies outside of work are to spend time playing with my daughter and going to the beach during the summer.

CHW Success Stories

1 A family was referred to the Pediatric Community Health Worker program because of the daughter's uncontrolled asthma condition. After enrollment into the program and moving forward with her goals, the patients' condition improved. Now the mother has a better understanding of how to give the appropriate medications and identify the asthma triggers for her child. The CHW worked closely with the asthma team to make sure the daughter remained in care and mom could easily access the assistance needed. As a goal for the mother, she had not been able to complete her high school studies, so the CHW referred her to a community based organization, where classes are provided. The mother contacted CHW, happy that she was going to pass her GED class on the first attempt. The mother feels very grateful for the healthy changes made and feels confident in caring for her daughter's asthma condition." - Stephanie, CHW

2 "The family was referred for asthma education to help them understand triggers and medication management. This was an essential first step in addressing the child's condition. The mother grasped the importance of administering medications correctly and was able to read and follow the asthma action plan, which is crucial for managing asthma effectively. The CHW used virtual training pamphlets to help the mother identify asthma triggers and improve the home environment. This approach led to a significant improvement in the living conditions that affect the child's asthma. The referral to the Medicaid Together (MT) pest control program, further supported the family. As a result of the education, improved home environment, and support from the MT program, the mother now feels more confident and comfortable managing her son's asthma." - Emelissa, CHW

**Autumn
Asthma
Workshop**

Learn about asthma and its triggers during the fall

Tuesday, September 24 | 5:30pm - 6:00pm

This virtual workshop will be in Spanish and English.

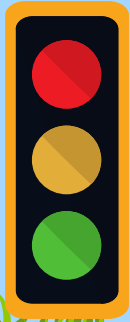
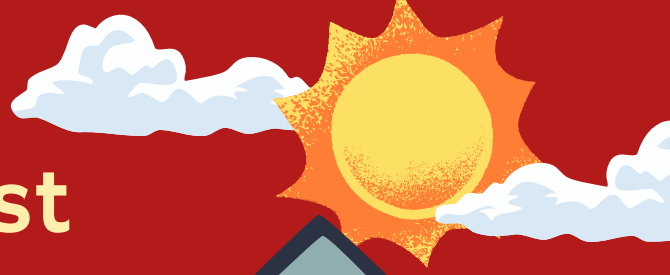
For more information, please call: (646) 745-5608



Scan this QR code to join the workshop



Back to School Asthma Checklist



About 1 in 10 children in the U.S. has asthma (CDC)



ASTHMA ACTION PLAN

Make sure it is **up-to-date!**

MEDICATION

- Make sure that your child has medications at school
- Have your doctor complete a **Medication Administration Form (MAF)** for school

Inhalers:

- *Should **not** be **expired** or **empty**
- *Should be used as prescribed with a spacer



KNOW YOUR ASTHMA TRIGGERS

Triggers can be:

- Mold
- Dust
- Aerosols
- Smoke
- Exercise
- Allergies
- Stress/anxiety
- Pollen
- Cold/flu

TALK TO TEACHERS

- Tell your child to speak to the teacher if they don't feel well
- Give your asthma action plan to teachers, coaches, and school nurse

REDUCE EXPOSURE TO GERMS

- Wash hands with soap
- Provide hand sanitizer



GET VACCINATED

Make sure you and your children receive the flu and Covid vaccines. It is important to be vaccinated every year!



Talk to your provider if you have any questions or concerns.
Go to <https://weillcornell.org/pediatric-asthma-program> to learn more.