Better asthma management means fewer missed school days because of asthma!

**ASThma Action Plan**
- Have an up-to-date asthma action plan
- An asthma action plan will guide you in managing your child’s asthma

**Talk to Your Child’s Teachers**
- Make sure your child knows they should tell the teacher if they don't feel well
- Give copies of the asthma action plan to your child’s teachers, coaches and school nurse

**Medication**
- If your child carries their own medications, make sure that they take them to 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

**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. There may be changes to the flu virus so it is important to be vaccinated every year!

**Know What Makes Your Asthma Worse**

**Triggers can be:**
- Mold/Dust
- Cleaning products
- Cigarette smoke
- Certain kinds of exercise
- Food allergies
- Stress and/or anxiety

Talk to your healthcare provider to learn more about your triggers.

Talk to your provider if you have any questions or concerns

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

Back to School Asthma Checklist