

Back to School Asthma Checklist



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



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

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

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



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!**

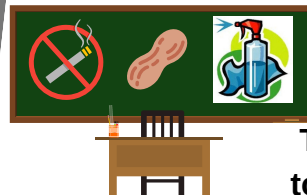


KNOW WHAT MAKES YOUR ASTHMA WORSE

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

