



## Does your child have asthma?



### A Reminder for Parents

As a new school year is upon us, we remind parents to help make our school 'Asthma Friendly'.

**Remember to:**

- 1) Tell your child's teacher(s) and the school office if your child has asthma.

**We need to know:**

- What triggers the asthma (makes it worse)
  - If they have inhaler medication at school & where it is kept (i.e. with the child or at the office)
  - If the child needs assistance to use their inhaler
- 2) Complete all asthma related forms to ensure the school knows how to handle your child's asthma. These forms include the school medication administration form and the Student Asthma Management Form. Ask at the school office.
  - 3) Provide an extra reliever medication (blue in colour) for your child to keep at school and remind them to keep it within easy reach at all times.
  - 4) Alert the school to any changes in your child's health condition throughout the school year.

Many parents feel that their child does not need medication at school, however children are exposed to many different triggers throughout the school year and it isn't always easy to predict when and how children will react.

**PLAY IT SAFE...be sure your child has easy access to their reliever medication during the school day.**

For more information visit [www.asthmainschools.com](http://www.asthmainschools.com)  
or call the Lung Association's Asthma Action Helpline 1-800-668-7682  
to speak to a Certified Asthma Educator.