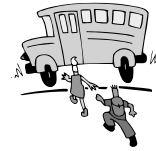


Asthma and School Field Trips



School field trips are fun for all students however special consideration must be given to those students with asthma. It is important for teachers and chaperones to be aware of which students have asthma and what to do in an asthma emergency.

It is also important to consider asthma triggers before a field trip. A trigger is something that makes a child's asthma worse. Grass, dust, pollen and exercise are examples of asthma triggers. Each child with asthma has specific triggers. Having knowledge of a child's asthma triggers can assist in preventing asthma episodes during a field trip.

Checklist for Teachers:

- Use the **Student Asthma Management Form** (Available in your school's Asthma Resource Kit) to communicate with parents about a child's asthma.
- Let parents and students know about a field trip in advance so they can devise a plan on how to manage/avoid the child's triggers.
- Be aware of which students have asthma and what their triggers are (carry a **Student Asthma Management Form** for each child with asthma on the trip)
- Have students carry a fanny pack with medication and emergency contact information during a field trip.
- Encourage parents to send the child's reliever inhaler (usually blue) on the trip.
- Avoid triggers if possible. However, on some field trips it is likely that triggers will be present (e.g. a visit to the zoo may expose a child to dust, pollen, animals). If children know they will likely have asthma symptoms when visiting a zoo or the place of the field trip, s/he may need to use reliever medication (blue puffer) 10-15 minutes before arrival.
- If the field trip involves an activity that normally triggers the student's asthma (e.g. running), s/he may need to use reliever medication (blue puffer) 10-15 minutes before arrival.
- Know how to recognize asthma symptoms (cough, shortness of breath, wheeze) and what to do in an asthma emergency.

A little planning can go a long way in supporting and encouraging participation of students with asthma.