



# Your Child Has ASTHMA...

**1** Talk to the school office/staff. How does the school manage asthma?

**2** Include asthma on all health/medical forms.

**3** Talk to your child's teacher(s).

Tell them about:

**What makes your child's asthma worse?**

Colds, exercise, smoke, mould, dust, animals, plants, strong smells, extreme temperatures, weather changes.

**Signs of worsening asthma:**

Examples: coughing, wheezing, shortness of breath, chest tightness.

**Medications:**

- WHAT medication(s) does your child use?
- HOW much do they use?
- WHEN do they use it?
- WHERE is the medication kept?
- Does your child know how use it on their own?
- Do they need help using it?

**4** Ensure Asthma medications are easily accessible at school.

It is important to have reliever medication (usually blue) at school.

**5** Talk to your child.

Encourage them to tell you if they have problems with their asthma. Follow up as needed with their health care provider.

**6** Talk to your Doctor.

Get an Asthma Action Plan filled out.

REMEMBER: All children need to be physically active! Avoiding exercise is NOT a solution.



For more information visit [www.asthmainschools.com](http://www.asthmainschools.com)