



**National Jewish Health**<sup>®</sup>

Science Transforming Life<sup>®</sup>

# BACK TO SCHOOL HEALTH

## Asthma Epidemic

**14.4 million school days per year** are missed by kids with asthma, according to the Centers for Disease Control (CDC).

**Tips for keeping your child with asthma in school:**

### USE MEDICATION CONSISTENTLY

- Be proactive with medication before symptoms begin
- Check expiration dates
- Bring a separate set of meds to leave at school



### CREATE AN ASTHMA ACTION PLAN

- Have your doctor fill out the plan so you can bring it to school
- Use peak flow monitoring for symptoms
- Clearly label medication dosage and use for school personnel



Download the National Jewish Health School Asthma Action Plan at [njhealth.org](http://njhealth.org).



### MINIMIZE ALLERGENS

- Allergens can trigger asthma; treat them per doctor's instructions
- Some pollens & molds spike in late summer or early fall - take medications before symptoms get worse



### If your child has food allergies

- Notify school of your child's food allergies. Have a plan for special occasions (e.g., classroom parties)
- Discourage your child from sharing food or eating any that is not labeled and checked by an adult
- Make sure the school has quick-relief medications for your child (e.g., diphenhydramine, epinephrine, albuterol)

### PRACTICE GOOD HYGIENE

Close contact with other students at school helps viruses spread.

- Cover nose and mouth when coughing and sneezing
- Wash hands or use hand sanitizer often, especially before eating and after using the restroom
- Keep a sick child home

