

# Avoid the SEPTEMBER Epidemic

Back to school means a return of germ swapping and a dramatic increase in serious asthma attacks, known as the September Epidemic.

## Asthma by the Numbers



**14M**

school days missed annually due to asthma

**14.2M**

work days missed annually due to asthma

**25%** of all children's asthma hospitalizations happen in September



percentage of asthma attacks that are caused by viral infections



**#1** medical concern among Olympic athletes

### Extra Credit:



Watch for COVID-19 Symptoms and Vaccinate!

Children six months and older are now eligible for COVID vaccination. Check the current CDC guidelines for more details.

Contact your doctor if you notice these common COVID-19 symptoms:

- Fever
- Cough
- Shortness of Breath

## 20 Ways to Protect Against the September Epidemic

- 1 Wash hands or use hand sanitizer often, especially before eating and touching the face, and after using the restroom.
- 2 Follow your child's Asthma Action Plan.
- 3 Cover nose and mouth when coughing and sneezing.
- 4 Monitor new or worsening symptoms and peak flow rates (when available).
- 5 Keep sick family members home.
- 6 Use medications before symptoms begin.
- 7 Consistently use asthma and allergy medications, even when symptom free.
- 8 Minimize environmental triggers.
- 9 Keep medication refills on hand.
- 10 Keep asthma medication at school.

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