Back to School with Asthma and COVID-19

80% in children
50% in adults

Percentage of asthma attacks that are caused by viral infections

Normally, back to school means the return of germ swapping and a dramatic increase in serious asthma attacks known as the September Epidemic. COVID-19 has changed back to school and has focused attention on how to avoid catching infections.

Watch for COVID-19 Symptoms in Children

<table>
<thead>
<tr>
<th>MOST COMMON</th>
<th>LESS COMMON</th>
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</thead>
<tbody>
<tr>
<td>Fever</td>
<td>Fatigue</td>
<td>Nausea</td>
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<tr>
<td>Cough</td>
<td>Nasal congestion</td>
<td>Chills or shaking chills</td>
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<tr>
<td>Shortness of breath</td>
<td>Diarrhea</td>
<td>Muscle pain</td>
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<tr>
<td></td>
<td>Abdominal pain</td>
<td>Headache</td>
</tr>
<tr>
<td></td>
<td>Vomiting</td>
<td>New loss of taste or smell</td>
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</tbody>
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Stay on Top of Asthma

1. Follow an Asthma Action Plan.
2. Monitor breathing and peak flow rates.
3. Consistently use asthma and allergy medications, even when symptom free.
4. Minimize environmental triggers.
5. Keep medication refills on hand.
6. Keep asthma medication and peak flow meter at school.

Asthma by the Numbers

13.8M school days missed annually due to asthma
14.2M work days missed annually due to asthma

10% of all children’s asthma hospitalizations happen in September

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