

Prepare for Asthma PEAK WEEK

Back to school means a return of germ swapping and a dramatic increase in serious asthma attacks. Also triggered by seasonal allergens such as weed pollens and outdoor mold spores, attacks tend to climax during the third week of September, known as Asthma Peak Week or 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



80%
in children

50%
in adults

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 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

10 Ways to Protect Against Asthma Peak Week

- 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, such as before exercise.
- 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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