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

25% of all children’s asthma hospitalizations happen in September

10.5M school days missed annually due to asthma

14.2M work days missed annually due to asthma

80% of asthma hospitalizations in children

50% of asthma hospitalizations in adults

25% of all children’s asthma attacks that are caused by viral infections

Asthma Emergency Department Visits by Month and Age

10 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 Asthma Action Plan.


4. Cover nose and mouth with tissue or elbow when coughing and sneezing.

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.


10. Keep asthma medication and peak flow meter at school.

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