



National Jewish Health

Breathing Science is Life.

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.



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

