

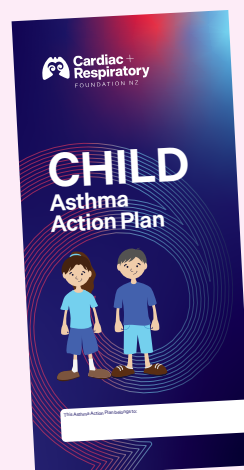
# Asthma at School

## Checklist for Parents

Use this checklist of preventive measures to help reduce the risk of asthma-related sickness at school.

### Asthma Action Plan

- ☐ Have an up-to-date asthma action plan (self- management plan).
- ☐ An action plan helps to identify when asthma symptoms are worsening, and when it is an asthma emergency.
- ☐ Download a **Child Asthma Action Plan** from our website and ask your healthcare practitioner to complete it with you.



### Talk to your child's teacher

- ☐ Give your child's teacher and/or school a copy of your child's asthma action plan.
- ☐ Ensure the school has your emergency contact details.
- ☐ Make sure your child knows to tell a teacher if they are feeling unwell (tight in the chest, wheezy, coughing, short of breath).

### Medication

- ☐ Follow the school's policy for having medication at school.
- ☐ Ensure your child knows how to access their reliever inhaler at school.
- ☐ Take medication as prescribed and use a spacer device for all "puffer" inhalers.
- ☐ Check your child's inhaler technique is correct with your GP, nurse, or pharmacist.

### Know your child's triggers

Triggers for asthma can be:

- Grasses and pollens
- Changes in the weather
- Colds and flu
- Stress and anxiety
- Mould spores
- Physical activity
- Dust mites

### Reduce exposure to germs

- ☐ Keep a bit of distance from classmates who are visibly coughing or sneezing, if seating allows.
- ☐ Wash hands frequently, especially before eating and after touching shared surfaces (e.g. door knobs, shared equipment).
- ☐ Teach kids personal hygiene practices, e.g. cough or sneeze into a tissue that covers their mouth and nose, cough into their elbow, dispose of used tissues in the bin or bag them, don't share drink bottles or eating utensils.

### Get vaccinated

- ☐ Ensure your child receives the annual flu vaccination each year.
- ☐ The flu vaccine is free for people with asthma using preventer therapy.

