

# School Checklist

## For Parents who have a child with Asthma

If your child has been diagnosed with asthma, reactive airways disease or chronic bronchitis, and has been prescribed daily medicine to take “as needed” for breathing problems, it is important to work with your child’s school.



### ⇒ Schedule a check-up with your child’s doctor.

This is a great time to check your child’s asthma, get a written asthma action plan, update any medicines and holding chambers or peak flow meters. Talk with the doctor about when your child should stay home from school due to asthma symptoms.



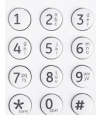
### ⇒ Meet and Inform the school.

Talk to the school nurse, teachers, coaches, bus drivers, etc. Let them know what makes your child’s asthma flare up and how your child communicates this.



### ⇒ Give your emergency contact information to the school

Let the school know how to best contact you in case of an emergency and keep this contact information up to date!



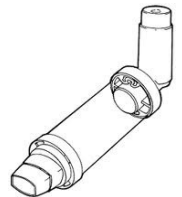
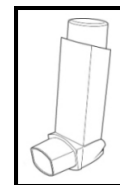
### ⇒ Bring a written Asthma Action Plan to school.

This plan, signed by your child’s doctor, outlines daily asthma management and how to handle breathing problems and emergencies. Introduce your child to them and have a picture of your child to go with the asthma action plan for the school.



### ⇒ Bring the quick-relief (albuterol) medicine to school.

This medicine is prescribed to relieve symptoms and open airways quickly. Please provide a holding chamber/space device to enhance delivery of medicine.



### ⇒ PE & Recess—If your child needs to use their inhaler before exercise, let the school know and work out a plan with the school.



### ⇒ Encourage your child to ask their teacher, coach, bus driver or school staff for help when they are having problems breathing.



### ⇒ Think about investing in a medical awareness bracelet or tag for your child to wear and having your child get a flu shot.

