



Summer is coming to a close and many children are heading back to the classroom. Read below for tips and tricks for managing your child's asthma as they return to school this fall.

SCHOOL IS IN SESSION!

1) Does your child have an Asthma Action Plan?

This plan is a one page written document that helps parents, providers, and schools all be on the same page regarding a child's asthma. It provides information such as what medications to use, when to use them, and what a child's asthma triggers are. This plan is a great way to ensure that your child is taken care of no matter what setting they are in. If your child does not currently have an Asthma Action Plan, it is highly encouraged to ask your pediatrician for one at your next visit. Copies of the plan should be kept at home, school, before/after school care, extracurricular activities, or any other place your child spends a significant amount of time.

For more information about Asthma Action Plans and an example of what one looks like, click here:

<https://www.aafa.org/asthma-treatment-action-plan/>



2) Set up a meeting with School Staff!

Plan to meet with your child's school nurse, health aide, teacher, and physical education teacher. Bring along your child's Asthma Action Plan and have a conversation about your child's asthma triggers, what it looks like when your child is experiencing an asthma exacerbation, and how staff can best support the management of your child's asthma. As a parent, it is essential to advocate for your child in order for them to get the care they deserve when you are not present.

3) Medicines and Supplies.

It seems like there are a million things to do in preparation for going back to school. As if school supplies, clothes, and lunches are not enough, if your child has asthma, you also have to make sure that they have the proper medication at school. Before school starts, do not forget to prepare the necessary paperwork needed to keep medicine at your

child's school. Your child will most likely need their rescue medication at school. If your child uses a spacer or peak flow

meter, those supplies should also be at school. Make sure your child's medication is not expired and everyone, including your child knows where to find the medicine.

4) Gym and Field Trips.

If your child's asthma is triggered by exercise, your doctor may have recommended to your child to take their medication before they begin exercising. If this is your doctor's advice, then make sure the physical education teacher is aware of this step. Asthma should never prevent a child from going on a fun field trip. Prior to a field trip, make sure your child's teacher or chaperone has brought along your child's medicine for the day.

5) Make everyone aware of Side Effects.

Rescue medicines such as Albuterol can cause people to feel nervous, shaky, and jittery. While your child's teacher may think that your child is misbehaving, in reality, they could be experiencing the side effects of their medication. Make sure that in your meeting with school staff you explain the potential side effects of taking asthma management medications. Asthma could also be causing your child to wake up at night and lose precious hours of sleep. If your child has a poor night of sleep, let their

ASTHMA ACTION COALITION



When: Every quarter on the 2nd Tuesday of the month from 10AM - 11AM. Next meeting is October 8, 2019.

Where: The Frederick County Health Department.

Contact: 301-600-3343 or leadasthma@frederickcountymd.gov

Please join us to learn more about asthma! Our Lead and Asthma team here at the Frederick County Health Department is currently in the process of revamping our coalition. We are looking for community members, parents, providers, and other advocates to champion our coalition. We are interested in tackling projects such as medication adherence education, creating a seamless referral process, and collaboration within all organizations that encounter pediatric asthma.

Feel free to check out the coalition's website, review meeting minutes, and agendas

teachers know .

Source: <https://www.nationaljewish.org/conditions/pediatric-asthma/overview/lifestyle-management/back-to-school-health-tips>