Back-to-School Asthma Checklist

Follow the steps below to ensure your child's asthma stays controlled throughout the school year.

At the doctor's office:

- ☐ Ask for an asthma action plan.
- ☐ Ask if it is OK for your child to carry his or her quick-relief (rescue) inhaler.
- ☐ If it is OK, ask for a letter that says it is OK.
- ☐ Ask for enough refills so you have a quick-relief inhaler and a spacer for school.

At school:

- ☐ Let the school nurse and teachers know about your child's asthma.
- ☐ Be sure the school knows how to contact you in case of an emergency.
- ☐ Talk with your child's school nurse and teachers about his or her triggers and anything that can be done in the classroom or school to help reduce triggers.
- ☐ If exercise is an asthma trigger for your child, talk to the physical education teacher and coaches.
- ☐ Give a copy of your child's asthma action plan to:
    - ☐ the school nurse
    - ☐ the after-school activities counselor
    - ☐ sport coaches
    - ☐ the gym teacher
- ☐ Make sure you fill out all the forms needed to have a quick-relief inhaler or nebulizer at school.
- ☐ If your child <u>can</u> carry his or her quick-relief inhaler, give the school nurse the letter from the doctor saying it is OK.
- ☐ If your child <u>cannot</u> carry his or her quick-relief inhaler:
    - ☐ Take your child's quick-relief inhaler and spacer to school, and give them to the school nurse.
    - ☐ The quick-relief inhaler should be in the original box from the pharmacy.
    - ☐ The spacer should be labeled with your child's name.

At home:

- ☐ Talk to your child about when to seek help if he or she has problems with asthma.
- ☐ Make sure your child knows where his or her medication is kept at school.
- ☐ If your child can carry his or her quick-relief inhaler, make sure he or she knows:
    - ☐ how to take the medication
    - ☐ how to tell time
    - ☐ whom he or she should notify when he or she takes a dose
- ☐ Make sure your child knows what triggers to avoid.