

SCHOOL ASTHMA



CHECKLIST

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



ASTHMA ACTION PLAN

- Have an up-to-date asthma action plan.
- A plan helps identify what to do when well, unwell or in an emergency.

TALK TO YOUR CHILD'S TEACHER

- Make sure your child will tell a teacher if feeling unwell.
- Give teacher copy of asthma action plan.
- Make sure school has your emergency contact details.
- Don't forget to also talk to coaches or after school carers that your child may see.

REDUCE EXPOSURE TO GERMS

- Wash hands with soap.
- Provide hand sanitiser.
- Teach kids 'germ etiquette'



GET VACCINATED

- Get a flu vaccination every year, as there may be new strains.
- The flu vaccine is free for people with respiratory conditions.



MEDICATION

- Make sure inhalers aren't empty or out of date.
- Take medication as prescribed and use a spacer if your inhaler allows it.
- Ensure children always carry medication in their school backpack.
- Check technique with a doctor or nurse. Or book in for a free education session with one of our respiratory health educators. Phone 1800 278 462.



KNOW YOUR TRIGGERS

Triggers can be:

- Stress and/or anxiety
- Mould spores
- Change of environment
- Dust
- Allergens in classrooms
- Cleaning products.

