

Managing asthma at school



Students with uncontrolled asthma often miss more school and have poorer academic performance than healthy students. With the help of strong school asthma management programs, students with asthma can have equally good school attendance. When asthma is well controlled, students are ready to learn.

Use this checklist to prepare your child to manage his asthma at school:

- Contact your child's school to get the forms needed for your child to receive his as-needed medicines at school.
- Schedule an asthma check-up with your child's healthcare provider.
 - Bring the school forms to be filled out with you to the appointment.
 - Work with your healthcare provider to develop or update your child's asthma action plan.
 - Review any food allergies; request a prescription for a new epipen and a food allergy action plan.
 - Request a prescription for quick-relief medicine and spacer to be kept at school.
 - Discuss whether or not your child is ready to carry their quick-relief medicine and/or epipen at school. If he is, have your healthcare provider fill out the self-carry form for school.
 - Review recommendations for pretreatment before exercise.
- Make sure your child knows how to properly use his medications.
- Meet with your child's school nurse, teachers and coaches to discuss his triggers, early warning signs, asthma action plan and pretreatment needs.



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