

## Back to School with Asthma Checklist

### Learn about asthma

Asthma is a long-term disease that affects the lungs. It cannot be cured but it can be controlled. Well controlled asthma helps your child stay healthy and active. Visit [www.asthma411.org](http://www.asthma411.org) for links and resources that provide information about asthma.



### Take precautions to protect your child from COVID-19

According to the CDC, people with moderate to severe asthma may be at higher risk of getting very sick from COVID-19. Take these steps to reduce your child's risk:



- Make sure your child continues taking their regular asthma medications
- Talk with your child about practicing social distancing at school
- Encourage your child to wear a mask, check that they are able to breathe normally
- Remind your child to avoid touching their face
- Emphasize frequent hand washing or use of an alcohol-based hand sanitizer
- Clean and disinfect surfaces frequently touched

### Schedule an asthma check-up

Plan a visit to your child's healthcare provider for an asthma check-up. Children with asthma should have a check-up at least once a year. You should visit your child's provider more often if they are having any asthma symptoms. During the visit:



- Review your child's asthma medicines
- Review and check inhaler technique
- Ask your provider to complete any school forms
- Create or update your child's Asthma Action Plan
- Ask if your child needs a peak flow meter. The meter is a good tool to test and track their breathing ability.
- If your child suffers from seasonal allergies, ask for a treatment plan and medicines before their seasonal symptoms start.
- If your child uses a nebulizer, talk with their provider about switching to an inhaler with a spacer. During COVID-19 this is the preferred way to give quick-relief asthma medication at school.

## □ Schedule an asthma check-up (cont.)

- Talk with your child's provider about keeping an emergency supply of prescription and non-prescription medications, including asthma inhalers. This is strongly recommended during COVID-19.
- If your child uses a spacer, ask your provider to prescribe a second one for them to have at school. This is strongly recommended during COVID-19.

## □ Develop an Asthma Action Plan

An Asthma Action Plan is a worksheet that is completed by you and your healthcare provider that is tailored to your child's needs. The plan helps you manage your child's asthma symptoms. The Asthma Action Plan includes:



- A list of your child's asthma triggers and symptoms
- The names of their medicines
- Amount of medicine to take when needed
- Steps to manage an asthma episode or breathing emergency

Give a copy to everyone who comes in contact with your child at school. This includes the school nurse, teachers, coaches, school bus drivers, and after school care programs. Keep a copy for yourself. Share the plan with grandparents, child caregivers and sitters too.

## □ Talk to the school nurse

Due to COVID-19, this fall school will look a little different. Your child's school may offer in-person classes, remote learning, or both. If your child will participate in in-person learning, speak with the school nurse about their asthma needs. Take these steps to help your child be safe at school:



- Complete the health forms the school needs — specify that your child has asthma. Without asthma listed on your child's health record, their asthma symptoms may be confused for COVID-19. This may result in your child being sent home.
- Complete and return the signed forms for asthma treatment. This guarantees that your child can access their inhaler at school.
- Share your child's Asthma Action Plan with the school nurse.
- Ensure your child has their asthma medications stored in the school nurse's office.
- Tell your school nurse about your child's asthma triggers and ways to reduce them at school.
- Confirm that your school has your child's up-to-date emergency contact information.