

Back to School Checklist for Families

Asthma



Before School Begins:

- Make an appointment to see your child's healthcare provider.
 - Be sure your child's asthma is under good control.
 - Update medication orders if needed.
 - Update or complete an Asthma Action Plan for use at home and at school,
 - Have school forms completed.
- Make an appointment to visit the school to discuss your child's asthma if needed.
 - If your child is starting a new school, it's a great idea to have a conversation with school staff.
- Be sure your child/teen is using daily controller medications on schedule and quick-relief medication as needed to work towards a healthy start to the school year.
 - Review when your child should take medication:
- Quick relief medication
- Controller medication (if prescribed)
 - Review how to use inhaled medications:
- Videos are available on AllergyAsthmaNetwork.org that demonstrate proper use of most specific types of inhalers: https://www.youtube.com/playlist?list=PLC39F35D440D0F155&feature=view_all
 - Review your child's Asthma Action Plan with your child and school staff.
- Be sure your child knows when to get help and who to go to in an asthma emergency.
- Develop a healthy schedule including healthy, regular meals and a set sleep routine

When School Starts:

- Talk to your school nurse or school administrator to be sure that they are aware of your student's asthma.
- Take medication, forms and supplies to school.
 - Deliver your child's inhaled medications, medication permission forms and Asthma Action Plan to school either on or before the first day of school.
 - If your child requires a nebulizer, check with the school to see whether you need to provide tubing and a face mask or the nebulizer itself as well.
- Check in with your child at the end of the school day to see how they feel and if they experienced any difficulty managing their asthma at school.
- Encourage your child to fully participate in school and sports. If asthma seems to be interfering, check in with your child's healthcare provider to adjust their treatment and be sure their asthma is under control.