



BACK TO SCHOOL... IS YOUR CHILD ASTHMA READY?

Every year there is a rise in asthma flare-ups when children return to school after the summer break. This results in an increase in Emergency Department visits, hospitalisations and days off school.

**MAKE SURE YOUR CHILD IS ASTHMA
READY BY FOLLOWING THESE STEPS:**

1

UPDATE YOUR CHILD'S ASTHMA ACTION PLAN

See a doctor for a signed Asthma Action Plan. Most schools require an up-to-date plan for each student with asthma at the start of the new school year. Evidence tells us that using an Asthma Action Plan can help to reduce hospitalisations, improve lung function and reduce the number of days off school.

2

GET AN ASTHMA REVIEW

While with the doctor, combine this with a check-up for your child's asthma, including a check on their device technique.

4

TALK TO SCHOOL STAFF

Make time to talk with the class teacher and the school nurse (where applicable) about your child's asthma, their Asthma Action Plan and their usual triggers, symptoms and medication.

Also talk to your child's sport coaches and supervisors of other school activities. Don't forget to keep staff up-to-date with any change to your child's asthma management.

3

CHECK YOUR CHILD'S RELIEVER MEDICATION

Check with the school about their medication policy and work with the staff to find the best way to manage your child's asthma medication, including before physical activity (where applicable).

- Medication and devices are clearly labeled with your child's name
- Medication is in date and with enough medication remaining

For more information

call **1800 ASTHMA** (1800 278 462)

or visit asthma.org.au/back-to-school #BTSasthma

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