

Dear, _____
name of teacher

My child _____ has asthma.
name of child

I would like to talk to you and the
school nurse as soon as possible
about his/her asthma.

Please call me at _____
phone number

to talk or to set a time to meet.

Thank you for your
attention to this matter.

Sincerely,

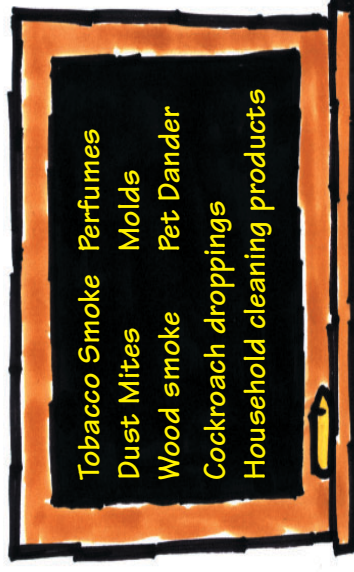
name of parent

TEAR OFF AND GIVE TO TEACHER

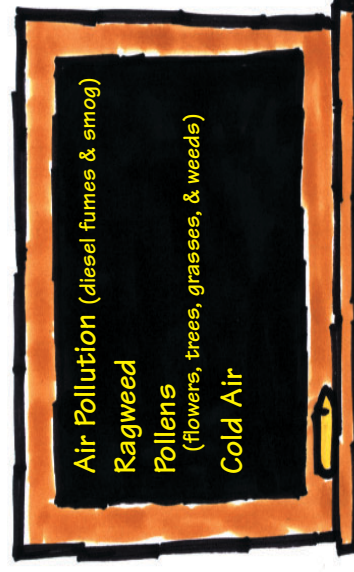
Know the Asthma Triggers

Asthma is caused by swelling of the airways in extra-sensitive lungs that over-react to certain factors, or asthma "triggers." An important step in getting control of asthma is to know what triggers asthma episodes.

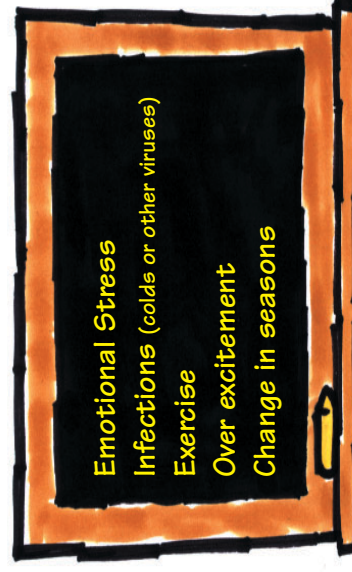
Indoor Asthma Triggers



Outdoor Asthma Triggers



Other Asthma Triggers



PARENT'S BACK TO SCHOOL WITH ASTHMA CHECKLIST

- ✓ Ask your child's doctor for an Asthma Action Plan
- ✓ Make sure your child knows where his/her asthma inhaler is at all times
- ✓ If you and your child's doctor agree, send a permission slip to school so your child can carry his/her asthma inhaler
- ✓ Talk to your school nurse and your school teacher about your child's asthma and review Asthma Action Plan
- ✓ Provide school with emergency contact information
- ✓ Ask your school to make changes to improve air quality by:

Reducing diesel emissions with cleaner fuel and buses.

Enforcing Anti-Idling Laws

Participating in Tools for Schools

There is much more information about asthma and steps you can take to help control asthma in your life. For more copies of this brochure and other *Back to School with Asthma* information, contact your local American Lung Association at 1 800- LUNGUSA or go to www.alanys.org.



Back To School
With Asthma

A GUIDE FOR PARENTS OF CHILDREN WITH ASTHMA



 **AMERICAN LUNG ASSOCIATION**[®]
of New York State, Inc.

&
of the City of New York, Inc.

1-800-LUNGUSA
www.alanys.org

A GUIDE FOR PARENTS OF CHILDREN WITH ASTHMA

Sending a child with asthma to school can be a stressful time for both parent and child. But it does not have to be that way. You can get your child ready for school by understanding his or her asthma and taking a few steps to better prepare your child.

✓ Get an Asthma Action Plan from your child's doctor

It is very important to have an *Asthma Action Plan* for your child. The *Asthma Action Plan* is a simple guide to help children manage asthma. Work with your child's doctor to develop a plan. Once developed, the *Asthma Action Plan* should be located in the nurse's office and at home.

✓ Talk to your child's school nurse and teacher

Your child's teacher should know that your child has asthma. If your child has an *Asthma Action Plan*, make sure you make an appointment with your child's teacher and the school nurse to go over the plan. It is important that they understand the plan.

✓ Asthma Inhalers

Many children with asthma rely on inhalers to control or stop asthma episodes from worsening. But children need quick access to their inhalers.

New York State Education Law permits all children with asthma to carry and use their inhalers while in school with permission from a doctor and a parent or guardian. If you believe your child needs to have direct access to his or her inhaler while in school, you will need to get permission from a physician and submit the form to your school officials.

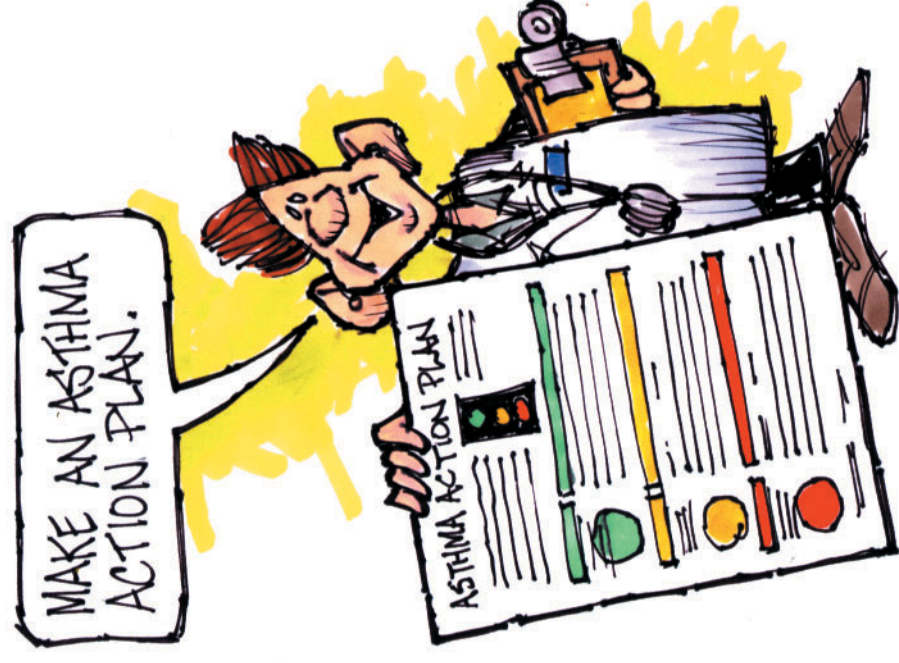
We urge you to work with your school nurse when you make your decision to allow your child to carry his or her inhaler. If you have any questions, please contact your local American Lung Association at 1-800-LUNGUSA (1-800-586-4872).

✓ No Asthma Action Plan?

If your child does not have an *Asthma Action Plan* alert his or her teacher and school nurse, and tell them what triggers your child's asthma and what medicine he or she uses.

If you prefer your child to carry his or her inhaler, make sure you send a permission slip signed by you and your doctor allowing your child to carry the inhaler.

In the meantime, discuss with your doctor the need for a written *Asthma Action Plan*.



Contact your local American Lung Association for your *Asthma Action Plan* form.

✓ Tools for Schools

The school environment may make asthma worse. Cleaning supplies, molds, dust and other irritants, such as perfumes or pets in the classroom, can make asthma worse. The American Lung Association and the United States Environmental Protection Agency (EPA) worked together to create *Tools for Schools* which is a guide for schools to improve indoor air quality. Your local lung association also offers a school-based asthma management program called *Open Airways for Schools*[®], for children between the ages of 8 and 11.

For information about *Open Airways for Schools*[®] call 1-800-LUNGUSA

For more information about *Tools for Schools* contact the US EPA at 1-800-438-4318.

Diesel School Buses

Did you know that diesel fumes can trigger asthma episodes? Unfortunately, most school buses throughout the state use diesel fuel. That means thousands of New York State's school children ride to school everyday on buses that pump out an asthma trigger! The simple act of riding to school in a diesel-powered school bus can be dangerous for school children with asthma. The American Lung Association is working to clean diesel fumes and encourage schools and private bus companies to retrofit buses with equipment that will reduce harmful diesel fumes. Parents can demand that schools enforce the State's No-Idle Laws. In most cases, school buses can idle for only 3 minutes in NYC and 5 minutes outside NYC. To learn more about no-idle laws, call the ALA.



Steps to follow for an Asthma Episode in the school setting

1 Stop Activity

- Help child to an upright position - do not recline.
- Ask, "Are you having trouble breathing?"
- Ask, "Do you have asthma?"
- Ask, "Do you have a quick-relief inhaler?"

2 Stay Calm

- Encourage use of quick-relief inhaler, if available.
- If a rescue medication was used, the school nurse, if possible, should assess the student and parents should be notified
- If a quick-relief medication does not work or student does not have quick-relief inhaler, GET HELP.

3 Get Help

Call School Nurse

OR

If student can walk without difficulty, accompany him or her to the school nurse's office.

NEVER LEAVE STUDENT ALONE

If student has ANY of these signs of an Asthma Emergency Call 911:

- Inability to breathe
- Struggling to breathe
- Chest/neck are pulled in or sucked in with each breath
- Trouble walking or talking
- Nostrils open wide
- Lips or fingertips are blue

IMPORTANT INFORMATION FOR TEACHER