



Back to School Checklist for Children with Asthma

To better prepare you and your child with asthma to go back to school, the Lung Association recommends you complete this checklist:

- Schedule Asthma Check-up Doctor's Appointment:** Even if your child's asthma is well managed, scheduling a check up with your pediatrician is critical to ensuring your child's asthma continues to be effectively controlled and to evaluate medications and physical activity restrictions.
- Vaccinate Yourself and Your Child Against Seasonal Influenza:** The CDC recommends caregivers and household contacts of anyone in a risk group, including children with asthma, should be vaccinated against seasonal influenza because protecting yourself against influenza further helps to protect your child.
- Asthma Action Plan:** All students with asthma should have a written Asthma Action Plan that details personal information about the child's asthma symptoms, medications and any physical activity limitations and provides specific instructions about what to do if an asthma attack does not improve with prescribed medication.
- Visit Your Child's School Nurse and Teachers:** All of the student's teachers and coaches, as well as the school nurse and/or office, should have a current copy of the student's Asthma Action Plan. Discuss with your child's teachers specific triggers and typical symptoms so that they can be prepared to effectively assist your child should an asthma attack occur during the school day.
- Advocate for Your Child:** It is also important to learn if your child's school allows students to carry and independently administer asthma medication. Learn what steps need to be taken to have your child carry and use his or her inhaler if recommended by the child's doctor since some schools require a doctor's note.
- Know Your School's Asthma Emergency Plan:** Ensure that your child's school knows how to contact you in case of an emergency. It is also important for parents to know the school's past history of dealing with asthma episodes and whether staff, including after-school coaches and bus drivers, have been trained in responding to asthma emergencies.