

SCHOOL ASTHMA



CHECKLIST

Use this checklist of preventative measures to help reduce the risk of asthma-related sickness at school.



GET VACCINATED ☐



- Get a flu vaccination every year, as there may be new strains.
- The flu vaccine is free for people with respiratory conditions.



MEDICATION

- Make sure inhalers aren't empty or out of date.
- Take medication as prescribed and use a spacer if your inhaler allows it.
- Ensure children always carry medication in their school backpack.
- Check technique with a doctor or nurse.



ASTHMA MANAGEMENT PLAN ☐

- Have an up-to-date asthma management plan.
- A plan helps identify what to do when well, unwell or need help in an emergency.



TALK TO YOUR CHILD'S TEACHER ☐

- Make sure your child will tell a teacher if feeling unwell.
- Give teacher copy of asthma management plan.
- Make sure school has your emergency contact details.



KNOW YOUR TRIGGERS ☐

Triggers can be:

- Stress and/or anxiety
- Change of environment
- Allergens in classrooms
- Mould spores
- Dust
- Cleaning products.



REDUCE EXPOSURE TO GERMS ☐

- Wash hands with soap.
- Provide hand sanitizer.
- Teach kids 'germ etiquette'.

