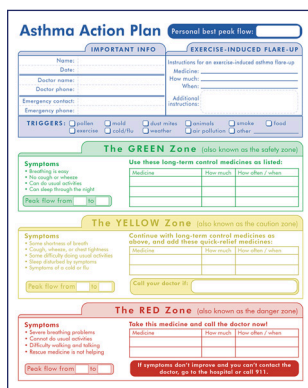


Back-to-School Health Tips for Families of Children with Asthma

When asthma is well controlled, children are able to... go to school, learn, play with friends, and feel good!

Students with asthma can get ready for a successful year by completing the Asthma Checklist below:

- Make an appointment with your clinic for a yearly check-up to be sure your child's asthma is under control.**
- Get an updated Asthma Action Plan from your clinic and provide a signed copy to the school nurse. This allows the school nurse to give your child the medicine he/she needs.**
- Get a 2nd rescue inhaler (albuterol) to use at school.**
- Get a spacer to use at school.**
- Be sure your child gets a flu shot every year.**



Asthma Action Plan Personal best peak flow: _____

IMPORTANT INFO

Name: _____ Date: _____
 Doctor name: _____ Medication: _____
 Doctor phone: _____ When: _____
 Emergency contact: _____ Additional instructions: _____
 Emergency phone: _____

TRIGGERS pollen mold dust mites animals smoke food exercise perfumes weather air pollution other _____

The GREEN Zone (also known as the safety zone)

Symptoms: Breathing is easy No cough or wheeze Can do normal activities Can sleep through the night

Peak flow from _____ to _____

Use these long-term control medicines as listed:

Medicine	How much	How often / when

The YELLOW Zone (also known as the caution zone)

Symptoms: Some wheezing at night Cough, wheeze, or chest tightness Some difficulty doing normal activities Some trouble sleeping Symptoms of cold or flu

Peak flow from _____ to _____

Call your doctor if: _____

The RED Zone (also known as the danger zone)

Symptoms: Severe breathing problems Cannot do normal activities Difficulty waking and falling Rescue medicine is not helping

Peak flow from _____ to _____

If symptoms don't improve and you can't contact the doctor, go to the hospital or call 911.



Inhaler



Inhaler with spacer

If you do not have a spacer for school, contact the school nurse for more information.