

Back-To-School with Asthma: Checklist for Parents

1 Schedule a checkup with your child's healthcare professional to ensure your child's asthma is controlled and to develop or update your child's written **Asthma Action Plan**.

2 Ensure that your child takes their asthma controller medication throughout the year, even when symptom-free.

3 Make sure that your child always has access to their reliever (rescue) inhaler, and they know how to use it properly (using a spacer where possible).

4 Identify and avoid your child's asthma triggers when possible.

5 Speak to your child about their asthma.

- Help them understand their asthma and asthma symptoms
- Help them to understand their asthma triggers and how to avoid them
- Teach them about their asthma medications including the importance of taking their controller medication as prescribed, carrying their reliever (rescue) inhaler with them at all times and the importance of good inhaler technique (using a spacer where possible)
- Have them fill in Asthma Canada's *Back-To-School with Asthma: Asthma Control Diary for Kids* and use this to identify how well controlled their asthma is

6 Speak to your child's school about their asthma.

- Make them aware of your child's asthma, asthma symptoms and asthma triggers
- Explain the importance of your child always carrying their reliever (rescue) inhaler with them (this may contradict their medication policy so you will need to be firm)
- Ensure they know the steps to take during an asthma exacerbation or asthma attack
- Give them a copy of your child's Asthma Action Plan
- Present them with Asthma Canada's *Back-To-School with Asthma: Guide for Teachers*

7 Treat allergies with antihistamines, nasal steroids, allergy shots or pills to help avoid an asthma attack. An EpiPen® (or similar device) should always be available to your child if they may have severe life threatening anaphylactic allergic reactions. Speak with your doctor or allergist about the best allergy treatment options for your child.

8 Teach your child correct hand-washing technique and the importance of hand washing to avoid catching the common cold (rhinovirus), flu (influenza virus) or RSV which are the most common asthma triggers. (Use hand sanitizer if available).

9 If your child is sick, keep them home from school to prevent them from getting sicker and from spreading their illnesses to other class members.

10 Ensure your child, and everyone in your home, has received all recommended vaccinations to prevent preventable respiratory illnesses spreading into your home and classroom.



Need help managing your child's asthma?

If you would like to speak to a CRE (Certified Respiratory Educator) for FREE about managing your child's asthma, call **1-866-787-4050** or email info@asthma.ca