



BACK TO SCHOOL  
AND  
YOUR ASTHMA  
CHECKLIST

This information has been provided by  
The Indiana Joint Asthma Coalition

It's that time of year when kids get new backpacks and parents are making sure their children are ready for the new school season.

In the rush to get school supplies together and checking the bus schedule, it's easy to overlook the, "Back to School Asthma Checklist".

The American Lung Association  
recommends the following five steps when  
it comes to asthma readiness and the school  
season.

## Step 1

Learn About Asthma



## Step 2

Talk to the School Nurse



## Step 3

Schedule an Asthma Check Up

## Step 4

Develop an Asthma Action Plan

## Step 5

Get a Flu Shot



**Step 1:**

# **Learn About Asthma**

**Talk to your healthcare provider about how asthma affects the lungs and what can be done to keep asthma from becoming a problem.**

**Go to the American Lung Association website at, [www.lung.org](http://www.lung.org) and search, “Asthma” for many free resources including online asthma educational tools for parents and educational asthma games for kids.**

## Step 2:

# Talk to the School Nurse

**Visit or call the school nurse or staff member in charge of student health.**



Ask if there is a form that needs to be completed by your child's healthcare provider authorizing the school nurse or staff member to give your child breathing medication if an asthma flare up happens at school.



Ask about the school's asthma emergency plan and if PE instructors, coaches and teachers are trained to recognize asthma symptoms and how to respond to an asthma emergency.

Step 3:

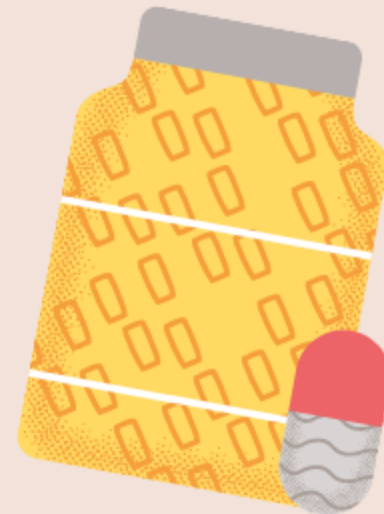
# Schedule an Asthma Check Up



Every school year should begin with a visit to your child's healthcare provider for an asthma checkup.

This checkup assures your child's asthma is in control and that they are receiving the right amount of medicine for their asthma.

It's also a good time to be sure your child has enough asthma medication refills for the school season!



## Step 4:

# Develop an Asthma Action Plan

An **Asthma Action Plan** is a written worksheet created by your healthcare provider that helps you and the school nurse recognize if your child's asthma is OK or if it is becoming a problem.

The Asthma Action Plan has written **instructions** about what **“Action”** to take if the asthma is becoming a problem.

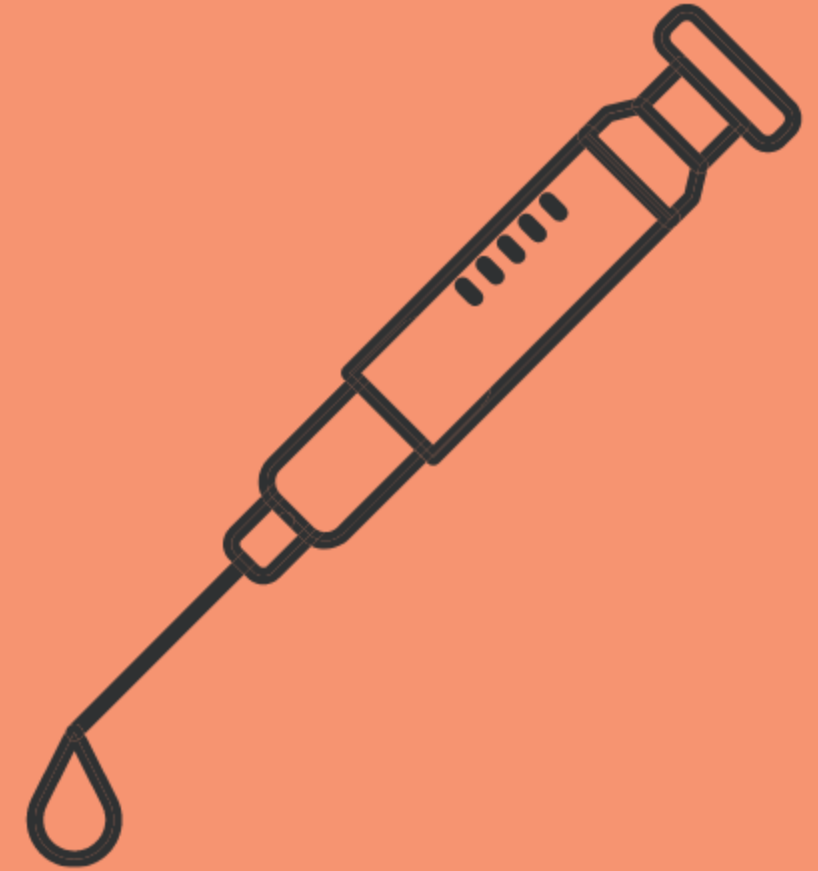


Ask your healthcare provider to give you an Asthma Action Plan during your asthma check up.

Step 5:

# Get a Flu Shot

The “flu” is a respiratory virus and a common asthma trigger. The best way to protect you and your child from the flu is by getting the flu shot



Also, teach your children the importance of hand washing to prevent respiratory infections.





# Community Health Partnerships

Indiana Clinical and Translational  
Sciences Institute

Thank you for your interest.

For any questions, and more information visit our website:

<https://indianactsi.org/community/initiatives/indiana-joint-asthma-coalition/>

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