

Back to School Asthma Advice



Every year in September, there is a sharp rise in the number of children being admitted to hospital with asthma/wheeze symptoms. This is probably down to a combination of colds and viruses contracted when children return to school in September, changes in seasons, and a drop in inhaler use over the summer when routines are disrupted.

You can't control whether your child gets a cold, or the changes in weather, but there are actions you can take to help

With good asthma control your child can stay healthy – so you don't have to worry

Checklist	
Take preventers everyday	<ul style="list-style-type: none"> ➤ Take your preventer inhaler/treatment every day, even when you are well.
Follow your asthma action plan	<ul style="list-style-type: none"> ➤ Make sure you are using your inhalers correctly. Always use your spacer if this has been recommended for you.
Know and manage your triggers	<ul style="list-style-type: none"> ➤ Establish good routines with your preventer inhaler, even on busy mornings, make sure your inhaler is visible or set an alarm to help you remember.
Asthma Plan in School	<ul style="list-style-type: none"> ➤ Know your triggers and manage these to avoid symptoms. ➤ Make sure you know what to do when your asthma is getting worse.
School has rescue inhaler and spacer	<ul style="list-style-type: none"> ➤ Understand your asthma action plan and know what to do in an emergency. ➤ Talk to your child's teacher about their health needs, make sure your child knows the importance of telling a teacher if they are not feeling well
Update emergency contact with school	<ul style="list-style-type: none"> ➤ Make sure you give school a rescue (blue) inhaler and a spacer.
Book Flu vaccine	<ul style="list-style-type: none"> ➤ Ensure school have personalised asthma action plan.
Book an asthma review at least once a year	<ul style="list-style-type: none"> ➤ Update emergency contact numbers with school office. ➤ Get the seasonal flu vaccine via school or your GP.

For further advice:



Healthier Together

Improving the health of babies, children and young people throughout West Yorkshire

Asthma attacks are a medical emergency—always seek help if your child is not responding to their rescue medication.

If you are needing to use the blue (rescue) inhaler **more than 3 times a week** this is a sign of poor asthma control—book an asthma review straight away