

# Back to School Asthma Advice

Information for parents/carers, children and young people returning to school in September 2021



## Checklist

Take preventer everyday	
Follow action plan	
Triggers	
School Plan	
School inhalers / Spacer	
Update emergency contact with school	
Book Flu vaccine	

## Tips to help manage your asthma well and reduce the risk of symptoms and asthma attacks

- Take your preventer inhaler / treatment everyday, even when you are well
- Make sure you are using your inhalers correctly. Always use your spacer if this has been recommended for you
- It is important to get in to a good routine with your inhalers in August before going back to school
- Know your triggers and manage these to avoid symptoms.
- Make sure you know what to do when your asthma is getting worse
- Make sure you follow your asthma action plan and know what to do in an emergency
- Make sure you give school a reliever (blue) inhaler and a spacer. Give school your school asthma action plan
- Update emergency contact numbers with school office
- Get the seasonal flu vaccine via school or your GP



**Asthma Attacks are a medical emergency — always seek help if your child is not responding to their reliever medication.**

Further advice available from your School Nurse or you can look at the websites below:



[asthma.org.uk](http://asthma.org.uk)



[www.georgecoller.co.uk](http://www.georgecoller.co.uk)