

# BACK2SCHOOL

## SURVIVAL GUIDE



Emergency room visits for children with asthma increase significantly in the month of September. This checklist should help you control your child's asthma during September and into the winter months.

### GET THE BASICS RIGHT:

- Use inhaler & spacer technique videos on [asthma.ie](http://asthma.ie) to help your child take their medication properly
- Make sure your child carries their reliever inhaler (usually blue) at all times
- Check that they take their medication every day with a fridge planner
- Leave a spare reliever and spacer inhaler in the school, with their name clearly labelled
- If your child is participating in PE or other activities, pop a reliever inhaler and spacer in their bag
- Never send a sick child to school
- Show them how to wash their hands correctly and explain why this is so important
- If you have an older child/teenager, they often require extra supervision and cannot be relied on to self-medicate independently - put systems in place as they may avoid taking medication

### Remember

**An asthma attack is a medical emergency. If your child experiences an attack, make sure they see a GP.**

**An asthma attack can be fatal.**

### GETTING HELP FROM YOUR HEALTHCARE PROFESSIONAL:

- Get your child's asthma reviewed by your GP in September
- Update your child's Asthma Action Plan, if your child does not have one, put one in place. These are available at [asthma.ie](http://asthma.ie) or you can call 1800 44 54 64 to have a copy sent to you
- **Call the free Asthma Adviceline on 1800 44 54 64 to discuss your child's asthma management with a respiratory nurse. Whatsapp message our respiratory nurse specialist with any questions or concerns on 086 059 0132**
- Ensure that your child receives the flu vaccine when it becomes available
- Continue to follow-up all public health advice for COVID19 and keep up to date on [hse.ie](http://hse.ie)

### TALK TO YOUR SCHOOL AND TEACHER:

- Visit the school and make sure your child's teacher is aware that they have asthma
- Explain what their triggers are and what to do if your child has an asthma attack
- Check if there is a School Asthma Policy in place
- If your child is starting a new school, speak to teachers about your child's asthma, even if they are well right now
- Ensure your school is aware of and understands the 5 Step Rule

### CONTACT THE ASTHMA SOCIETY:

- Our asthma nurses can help you manage your child's asthma
- We can send teachers our Asthma Safe schools resources or details on our Asthma Safe schools programme
- We will send you our Asthma Attack cards/posters which show you how to use the 5 Step Rule



ASTHMA ADVICELINE\*

**1800 44 54 64**

BEATING BREATHLESSNESS WHATSAPP

**086 059 0132** 

[asthma.ie](http://asthma.ie)

\* Asthma Adviceline & Beating Breatlessness are not emergency services.  
Call 112 or 999 in an emergency.