

SCHOOL ASTHMA

CHECKLIST

Use this checklist of preventative measures to help reduce the risk of asthma-related sickness at school.



GET VACCINATED ☐



- Get a flu vaccination every year, as there may be new strains.
- The flu vaccine is free for people with respiratory conditions.



☐ MEDICATION

- Make sure inhalers aren't empty or out of date.
- Take medication as prescribed and use a spacer if your inhaler allows it.
- Ensure children always carry medication in their school backpack.
- Check technique with a doctor or nurse.

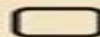


ASTHMA MANAGEMENT PLAN ☐

- Have an up-to-date asthma management plan.
- A plan helps identify what to do when well, unwell or need help in an emergency.



TALK TO YOUR CHILD'S TEACHER ☐



- Make sure your child will tell a teacher if feeling unwell.
- Give teacher copy of asthma management plan.
- Make sure school has your emergency contact details.



REDUCE EXPOSURE TO GERMS ☐

- Wash hands with soap.
- Provide hand sanitizer.
- Teach kids 'germ etiquette'.



KNOW YOUR TRIGGERS ☐

Triggers can be:

- Stress and/or anxiety
- Change of environment
- Allergens in classrooms
- Mould spores
- Dust
- Cleaning products.



**Asthma
+ Respiratory**
FOUNDATION NZ

Taking Asthma To School

William E. Berger, Tonya A. Winders



Taking Asthma To School:

Taking Asthma To School Book Review: Unveiling the Magic of Language

In a digital era where connections and knowledge reign supreme, the enchanting power of language has been apparent than ever. Its capability to stir emotions, provoke thought, and instigate transformation is actually remarkable. This extraordinary book, aptly titled "**Taking Asthma To School**," published by a very acclaimed author, immerses readers in a captivating exploration of the significance of language and its profound affect on our existence. Throughout this critique, we shall delve into the book's central themes, evaluate its unique writing style, and assess its overall influence on its readership.

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