

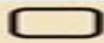
SCHOOL ASTHMA

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- Make sure inhalers aren't empty or out of date.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.

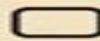


ASTHMA MANAGEMENT PLAN ☐

- 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

Puja Mehta



Taking Asthma To School:

Unveiling the Magic of Words: A Review of "**Taking Asthma To School**"

In a world defined by information and interconnectivity, the enchanting power of words has acquired unparalleled significance. Their capability to kindle emotions, provoke contemplation, and ignite transformative change is actually awe-inspiring. Enter the realm of "**Taking Asthma To School**," a mesmerizing literary masterpiece penned by way of a distinguished author, guiding readers on a profound journey to unravel the secrets and potential hidden within every word. In this critique, we shall delve to the book is central themes, examine its distinctive writing style, and assess its profound effect on the souls of its readers.

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