



Back-to-School Checklist

Going back to school can be an exciting and hectic time for parents and children. To help ensure a smooth transition for your child with asthma, you may find the following checklist helpful.

Complete

- **Schedule Regular Asthma Check-ups with Your Healthcare Providers:** Even if your child's asthma is under control, it's a good idea to schedule check-ups with your healthcare provider to:
 - Make sure your child's asthma continues to be effectively controlled.
 - Evaluate medications.
 - Review any physical activities and/or restrictions.
- **Vaccinate Yourself and Your Child Against Seasonal Influenza:** The Center for Disease Control (CDC) recommends that parents, caregivers and household members of anyone in a risk group (which includes children with asthma) should be vaccinated against seasonal and H1N1 influenza. Protecting caregivers and family members against influenza helps to protect your child.
- **Have an Up-to-date Asthma Action Plan:** All students with asthma should have a written Asthma Action Plan. This plan details personal information about your child's asthma symptoms, medications, allergies, and any physical activity limitations. It also provides specific instructions about what to do if an asthma attack occurs. An Asthma Action Plan should be completed by you and your child's healthcare provider and updated at each visit.
- **Visit Your Child's School Nurse and Teachers:** All of your child's teachers and coaches, as well as the school nurse and office, should have a current copy of your child's Asthma Action Plan. Discuss your child's specific triggers and symptoms with each of these individuals so that they know what signs to look for and are prepared to respond if your child has an asthma attack.
- **Advocate for Your Child:** You'll also want to check if your child's school allows students to carry and use their asthma medication (as recommended by their healthcare provider). Some schools require a note from the child's healthcare provider before allowing this. You'll want to learn the specific requirements of your child's school.
- **Know Your School's Asthma Emergency Plan:** Make sure that your child's school knows how to contact you in case of an emergency. You should also request a copy of the school's written emergency plan (if they have one). You might also want to ask about the school's history of dealing with asthma emergencies and inquire as to how staff is trained to deal with them.
- **Talk to Your child:** It's important to give them a refresher course on who has their Asthma Action Plan at school, where to go for help, and what situations tend to trigger an attack at school.