



## What you need to know about...

### Preparing for School with Asthma

It is important, if your child has a chronic illness such as asthma to start preparing early for school. In Illinois all children with asthma who can self medicate are allowed to carry their reliever asthma medicine on them all day.

It is important to start letting them take care of themselves at least 6 months prior to starting kindergarten or entering school. This lets you know if your child is correctly using his/her medication before school begins. *There will be mistakes* and it is best that these happen when you are there to make the needed corrections.

**Below are a few tips to make this transition easier for both of you.**

- Start teaching your child to recognize signs and symptoms of their asthma
- Teach them how to use their reliever medicine with their spacer
- Teach them how to use a peak flow meter
- Make sure they know it is important to always keep their medicine with them
- Make sure they know which things trigger their asthma so they can avoid them at school
- Have your child begin to self administer in front of you to practice
- Make sure they know how to tell an adult when they start to have asthma symptoms.

**After you have gotten your child ready it is also important to make sure that the school is ready for your child.**

- Call the school and make sure to get all the correct forms for you and your health-care provider to sign to allow your child to carry their medicine.
- Schedule an appointment to meet with the school nurse and make sure to explain your child's asthma symptoms, what things might cause symptoms for your child, and what medicines your child takes.
- Give the school with a written asthma action plan and agree on the places where it will be kept
- Make sure the school has all emergency numbers needed in order to reach you or someone else who knows about your child's asthma.



- At the beginning of each year, meet with your child's teacher to explain and inform them about your child's asthma.

Children with asthma have the right to be safe while at school. Please make sure the school knows of any accommodations needed to make this happen.