



How Asthma Friendly Is Your School?

Children with asthma need proper support at school to keep their asthma under control and be fully active. Use the questions below to find out how well your school assists children with asthma:

1. Is your school **free of tobacco smoke** all of the time, including during school sponsored events?
2. Does the school **maintain good indoor air quality**? Does it reduce or eliminate allergens and irritants that can make asthma worse? Allergens and irritants include pets with fur or feathers, mold, dust mites (in carpets and upholstery,) cockroaches and strong odors or fumes from such products as pesticides, paint, perfumes, and cleaning chemicals.
3. Is there a **school nurse** in your school all day, every day? If not, is a nurse regularly available to the school to help write plans and give guidance for students with asthma about medicines, physical education, and field trips?
4. Can your **children take medicines at school** as recommended by their doctor and parents? May children carry their own asthma medicines?
5. Does your school have an **emergency plan** for taking care of a child with a severe asthma episode (attack)? Is it made clear what to do? Whom to call? When to call?
6. Does someone **teach school staff about asthma**, asthma management plans, and asthma medicines? Does someone teach all students about asthma and how to help a classmate who has it?
7. Do students have good options for fully and safely participating in **physical education class and recess**? For example, do students have access to their medicine before exercise? Can they choose modified or alternative activities medically necessary?
8. Are local **Air Pollution Control District warnings** honored by reducing or eliminating outdoor activities during an unhealthy air alert?

If the answer to any question is “no,” students may be facing obstacles to asthma control. Out- of- control asthma can hinder a student’s attendance, participation, and progress in school. School staff, health professionals, and parents can work together to improve the quality of life and performance for students with asthma.

The American Lung Association of Central California has programs to help parents, school personnel and students understand the control of asthma. Each of these programs is based on the latest information from the National Institute of Health. Please call us at **(559) 222-4800 or 1-800 LUNG USA** for more information.