

Appendix 9: Management of Asthma — Student with Asthma Implementation Tips

Students with asthma need to understand how to manage asthma at school. Students who learn how to manage and control their asthma should be able to participate in physical activity and play.

Identify yourself as a student with asthma.

- Take home and return all forms related to asthma.
- Have your parent/guardian complete a *Individual Student Asthma Management Plan* form.
- Give your teacher/coach a copy of the *Individual Student Asthma Management Plan* form so he or she will know about your triggers, medications and what to do when your asthma gets worse.
- Tell any supply/substitute teachers that you have asthma, what to do if your asthma gets worse and where your medication is kept.

Ensure you have easy access to your asthma medication.

- Have your reliever inhaler (usually blue) with you at all times or know where it is stored and how to get it quickly.
- Know how and when to use your asthma medication safely by using the following guidelines:
 - Make sure your medication has your name on it.
 - Do not share your medication with friends.
 - Know when your medication is empty and you need a refill.
 - Tell your parent/guardian and teacher every time you take your medication.
 - Tell your teacher if you are uncomfortable with taking your own medication and need help.

Establish a process for handling worsening asthma.

- Tell your teacher when your asthma is bothering you.

Identify and reduce common asthma triggers within the school.

- Know what triggers your asthma (what makes your asthma worse) and have a plan for handling your asthma triggers.

Participate in physical activity and play.

- Do not let your asthma get in your way of being physically active or enjoying outdoor play. If asthma symptoms start, stop the activity and take your reliever inhaler. Only return to your activity when fully recovered.

Engage in asthma education.

- Learn about asthma by:
 - attending asthma education programs;
 - seeing your health care provider on a regular basis; and
 - checking out www.asthmakids.ca.

Collaborate with others (i.e., health care providers, public health, parents/guardians and community partners) to create an asthma friendly school.

- Talk to your teachers, coaches, health care providers and parents/guardians about your asthma and how you are feeling and how often you need to use your reliever inhaler.
- Become an Asthma Champion. Be a part of creating an asthma friendly school.