

# BACK TO SCHOOL

## ASTHMA IS THE NUMBER ONE REASON KIDS MISS SCHOOL

If your child has asthma, make sure that they're prepared for "the September Spike." It's one of the most challenging times of the year for patients with asthma, due to allergens and leaf mold, among other triggers.



### USE MEDICATION AS PRESCRIBED BY YOUR PHYSICIAN

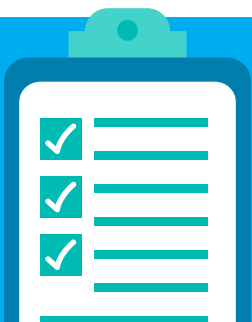
- Make sure asthma symptoms are well controlled before going back to school
- Check asthma medication expiration dates
- Take your reliever medication with you to school

### CONTROL ALLERGIES

- Treat asthma-triggering allergens as per your doctor's instructions
- Some pollens and molds that can trigger asthma increase in the late summer or early fall - take medications before they get worse.



### CREATE AN ASTHMA ACTION PLAN



- Find asthma action plans at the link below
- Use your asthma action plan to monitor and manage symptoms
- Take a copy of your asthma action plan to school
- Find out about your school's policies for medical conditions

### AVOID GETTING SICK BY PRACTICING GOOD HYGIENE

- Wear a mask (optional)
- Wash your hands or use hand sanitizer
- Stay home from school when you are sick
- Get your annual flu shot



FIND ASTHMA ACTION PLANS FOR CHILDREN AT  
[bclung.ca/asthma-action-plans-kids](http://bclung.ca/asthma-action-plans-kids)