

Information for Teachers and the School Nurse

Fill out this form and take it to your meeting. Have the school make a copy of it for your child's files. Your child's teacher should also keep a copy in the classroom. Take this list with you to the school meeting. Talk about any problems your child may have at school.

(Write child's name) _____ has asthma.

Things that can bring on an asthma attack: _____

Signs that an attack may be starting: _____

Medicines my child may need to take at school:

Medicine _____ When? _____ How often? _____

Medicine _____ When? _____ How often? _____

What my child should do before playing sports or before gym class:

Steps the teacher should take during an asthma attack:

1. _____

2. _____

3. *Contact parent if attack continues.*

Emergency names and numbers:

Name of parent(s): _____ Name of Doctor: _____

Telephone number: _____ Telephone number: _____

Childhood Asthma

Treating Asthma at School



Teachers need to know that your child has asthma.

Here is what you should tell them.

Tell Your Child's Teachers

Your child spends a lot of time at school. If your child had an asthma attack there, what would happen? Would the teachers know what to do? If they know that your child has asthma, they can help.

These people should know that your child has asthma:

- teachers
- the principal
- gym teachers and coaches
- the school nurse



Plan a Meeting

When the school year starts, call the school to plan a meeting with the principal, teachers, the school nurse, the gym teacher, and coaches.

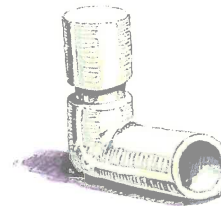
At the meeting, talk about these things:

- 1. Your child has asthma.** Tell the group how your child deals with an asthma attack when it happens.
- 2. Your child's warning signs.** These signs tell you that your child may have an asthma attack. They

include wheezing, coughing, or sneezing. Every child has different signs. If you don't know your child's signs, talk with your doctor.



- 3. What adults at school should do if your child has an asthma attack.** Tell them what medicine your child takes. Tell them how it is taken, and how fast it works.
- 4. Your child's medicines.** Tell them the names of medicines, when they are taken, the doses, and side effects that can happen.
- 5. Important phone numbers.** Tell them who they should call if your child has any problems breathing. Tell them the phone number for your child's doctor.



Remember:

- All your child's teachers should know that your child has asthma.
- Teachers and coaches don't need to keep your child from being active or playing sports.
- Your child should always carry an inhaler. It should not be kept in the nurse's office.

Childhood Asthma

For More Information

These groups can send you information about how to help children with asthma.



**Allergy and Asthma Network/
Mothers of Asthmatics*, Inc.**
800-878-4403
www.aanma.org

*An "asthmatic" is a person who has asthma.

LungLine
800-222-5864

In Plain Words

You should still talk with your doctor about what you read here. You should not use this sheet instead of seeing a medical person. ©1996, 1999, 2001 The StayWell Company, 1100 Grundy Lane, San Bruno, CA 94066-3030. www.krames.com 800-333-3032. All rights reserved. Lithographed in Canada.