

## What is Asthma?

Asthma is a lung disease that narrows the airways and makes it hard to breathe. Asthma can't be cured. It can be controlled and your child can have a normal, active life.

## What Are the Symptoms of Asthma?

- Shortness of breath
- Wheezing (whistling sounds in the chest)
- Coughing at night
- Tightness in the chest

Asthma symptoms can come and go. They can be mild or severe.

## What Causes an Asthma Attack?

Different people have different asthma triggers. Some common triggers include:

- Cigarettes, Smoke
- Colds, Flu
- Cats and other furry animals
- Mold
- Dust Mites
- Cockroaches

## What Kinds of Asthma Medicines Should a Child with Asthma Have?

There are two main kinds of medicine: controllers for long term use to prevent symptoms, and quick relievers for help when symptoms occur. Both types of medicine may come in an inhaler.

## If Your Child has Asthma, Tell Your Child's School

- Tell the teacher, principal, and school nurse about your child's asthma so they can help.
- Make sure your child has an inhaler and spacer for use at school in an emergency.
- See your healthcare provider and ask him/her to fill out:
  - School Medication Form – a written form that gives the school nurse permission to give your child medicines. It can also give your child permission to carry and take medicine independently during the school day.
  - Asthma Action Plan – a written asthma plan completed by the doctor that helps the family and school know when and how to take medicines.

# Control **ASTHMA!**

These forms are available to you from school or online at <http://www.nycenet.edu/forms>

MEDICATION FORM Authorization for Administration of Medication to Students for the School Year 2003-2004		FOR BOTH USE:	
		<input type="checkbox"/> 504	
		<input type="checkbox"/> IEP	
		<input type="checkbox"/> SC/SA	
Physician's Order	Order for Administration at School	Instructions in case of lack of improvement or adverse reaction	Other:
1. Diagnosis			
2. Diagnosis			
3. Diagnosis			
List medications student is taking at home and at what time:		FOR DOB USE: Revisions per DOB	

Medication Form

Asthma Action Plan								
<div style="display: flex; justify-content: space-between;"> <span>Green means Go Zone!</span> <span>Yellow means Caution Zone!</span> <span>Red means Danger Zone!</span> </div>								
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<b>GO</b>	Use these daily medicines:							
	MEDICINE	HOW MUCH HOW OFTEN						
<b>CAUTION</b>	Continue with green zone and add:							
	MEDICINE	HOW MUCH HOW OFTEN						
<b>DANGER</b>	Take these medicines and call your doctor:							
	MEDICINE	HOW MUCH HOW OFTEN						

Asthma Action Plan

New forms are needed every school year (even if your child carries his/her own medicine).

## Living a Healthy, Active Life

Asthma should not keep your child from playing sports. Taking asthma medicine before gym class may help. Talk to your child's health care provider – kids need to exercise!

By working together, parents, health care providers, and schools can help children live an active healthy life.

**Children with asthma can do anything – go to school everyday, take trips and play sports, run, swim, ride a bike and HAVE FUN!**

TO FIND A HEALTH CARE PROVIDER OR GET HEALTH INSURANCE, ASK THE SCHOOL NURSE, OTHER SCHOOL HEALTH STAFF, OR CALL 311.

FOR HELP TO STOP SMOKING, CALL 311

NEW YORK CITY  
**AsthmaPartnership**



[nyc.gov/health](http://nyc.gov/health)