

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		FOR BOTH USE:	
Authorization for Administration of Medication to Students for the School Year 2003-2004		<input type="checkbox"/> 504 <input type="checkbox"/> IEP <input type="checkbox"/> 504/IEP	
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		
Legend: ● Green means Go Zone! ● Yellow means Caution Zone! ● Red means Danger Zone!		
GO	Use these daily medicines:	
	MEDICINE	HOW MUCH HOW OFTEN
CAUTION	Continue with green zone and add:	
	MEDICINE	HOW MUCH HOW OFTEN
DANGER	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