



## **Back to School- Don't forget about your asthma!**

There is so much to think about when returning to school. It's often difficult to remember everything. Make sure it's not managing your asthma appropriately that you forget! Ensure that you see your GP for an update on your asthma and be sure to supply your school with an updated Asthma Action Plan.

### **Parents should be mindful that.....**

- February is the most common month for hospitalisations relating to asthma.
- Statistics reveal that the major peak comes about two weeks after the summer holidays with smaller peaks occurring throughout the year.
- Many hot still days in a row can mean increased air pollution and smog.
- Asthma symptoms in young children include wheezing, shortness of breath, tightness in the chest or persistent coughing all of which may indicate an impending asthma emergency.
- Your child should be using their preventative medication as prescribed. Your child should also have access at school to their blue reliever puffer at all times.
- For further information contact Asthma Foundation NSW.

**T: 1800 645 130**

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