



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

Early February, just after school goes back, is the time of year when children are most likely to have a flare-up of their asthma, so it is important that parents keep an eye on their children's asthma, ensure they take their prescribed preventer medication regularly, and that they always carry their reliever medication with them. It is vital that asthma in children is properly managed in order to avoid asthma emergencies.

Symptoms in young children may include wheezing, persistent coughing or shortness of breath. If these symptoms do not respond to the child's reliever medication, or if reliever medication is needed every day, we are encouraging parents to take their children immediately to a doctor.

Parents also need to ensure that the school their child attends is fully aware he or she has asthma so the school can support the child's health needs.

Although asthma is mild in most children, it can be serious and even life-threatening if it is not properly managed, so it is important that anyone with asthma sees their doctor regularly and develops an asthma action plan so they know what to do when their symptoms worsen.

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 child's asthma appropriately that you forget! Ensure that you see your GP for an update on your child's asthma and be sure to supply your school with an updated Asthma Action Plan.

If parents have any questions, they should call the Asthma Information Line on 1800 645 130 or speak with their doctor.

**T: 1800 645 130**  
**E: [ask@asthmansw.org.au](mailto:ask@asthmansw.org.au)**