

## Back to School Asthma Checklist

Back to school time presents a phenomenon called the 'Back to School Spike', which is a well-documented occurrence of an increase in asthma hospital admissions in children. This trend occurs two weeks after school goes back, with the spike generally occurring in mid to late February. Ensure your child with asthma is prepared for the new school year by following this simple back to school asthma checklist.

- Doctor Review
  - Updated Asthma Action Plan (*advise the school of any changes to their plan*)
  - Medication Review
  - Preventer medication scripts
  - Technique Review (*good device technique will ensure more medication reaches the small airways*)
  - H1N1 Vaccination

*(A person with asthma who gets any type of flu has a greater chance for developing serious health complications from the infection. Anyone with asthma is recommended to get both the seasonal flu vaccine and 2009 H1N1 vaccine.)*

- School Asthma Action Plan returned

*(This needs to be updated at least annually or as required)*

- Blue Reliever Medication & Spacer

*(ensure your child has their blue reliever medication and spacer device available at all times. Remember to check the expiry date and amount of medication left in the canister)*

- Your child is aware of their asthma triggers



For further information please contact the Asthma Foundation of Victoria on 1800 645 130 or email [schools@asthma.org.au](mailto:schools@asthma.org.au)

## Floods and Asthma

In the aftermath of the recent floods, most people will be focusing all their energies on the clean-up. However, it is important to protect your health in the process.

### Mould and your Health

- Mould thrives in the damp, still environment of a flooded building
- People are exposed mainly by breathing in the mould spores
- Inhaling mould spores can trigger asthma and worsen other respiratory and allergic conditions
- Many people are sensitive to mould and may experience a stuffy nose, irritated eyes, wheezing or skin irritation
- Asthma symptoms such as coughing and wheezing often worsen after exposure to damp and mould
- Rarely, people with chronic lung disease may develop mould infections in their lungs

### Stay in control of your asthma

There are several things you can do to ensure you stay in control of your asthma during this time:

- If you suspect your medications and/or spacer were affected by floodwaters, replace them as soon as possible
- Always carry your blue reliever and keep taking your preventer medication as normal
- Visit your doctor to receive a thorough check-up and update your Asthma Action Plan
- Be familiar with the signs of worsening asthma and the 4 step first aid procedure



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