

MAKE SURE YOUR SCHOOLS HAVE AN ASTHMA ACTION PLAN



FloridaAsthmaCoalition.com



One Out of Four Children with Asthma...

in Florida have missed one or more days of child care or school in the past year due to their asthma according to the 2010 Florida Child Health Survey.

What's an Asthma Action Plan?

It's a written individualized worksheet, developed with the healthcare provider that shows the steps to take to keep asthma from getting worse. It includes information on the child's triggers, symptoms and medications. Every child with asthma should have an Asthma Action Plan on file with their school and it should be shared with teachers, caretakers and sports coaches.

[Click here to download an Asthma Action Plan from the American Lung Association.](#)

Learn More!



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WHAT ARE ASTHMA SYMPTOMS?



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It is crucial that parents, caregivers and school staff know how to identify when a child is having an asthma attack. There are key warning signs to look for that will help determine when an emergency situation is at-hand.

HOW DO YOU KNOW IF YOUR CHILD HAS ASTHMA?

Your pediatrician can help you in the diagnosis. It's important to contact your doctor if your child exhibits any of these warning signs:

- SHORTNESS OF BREATH
- SHALLOW OR FAST BREATHING
- TIGHTNESS IN CHEST
- NECK AREA OR RIB AREA MOVES INWARD WHILE BREATHING
- COUGHING
- WHEEZING
- GRAY OR BLUE-TINTED SKIN, STARTING AROUND THE MOUTH
- DIFFICULTY TALKING/CONCENTRATING

**DOWNLOAD THE COMPLETE ASTHMA
GUIDE FOR CHILDREN INFOGRAPHIC**



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Thanks to all the Asthma-Friendly Schools for doing their part to help students and their communities understand and Manage Asthma.

Why Become an Asthma-Friendly School?

An effective school asthma management program can produce the following positive results:



A healthier and supportive learning environment for students with asthma.

Reduced absences- students have fewer asthma attacks and symptoms are treated earlier.



Reduced disruption in the classroom- students have fewer symptoms and he/she may be more alert when their asthma is under control.

Appropriate emergency care- school staff members know how to recognize and respond immediately to asthma emergencies.



Improved access and adherence to appropriate asthma medications- students and parents feel comfortable asking the school for help if needed in obtaining or using prescribed medications.

Full student participation in physical activities- physical education teachers, instructors, and coaches know how to prevent exercise-induced asthma or how to respond if symptoms appear. They also know how to help children who are having asthma symptoms and keep them involved in school activities.



For more information on how to get started on becoming an Asthma-Friendly School or for more assistance click below to learn more.

[*Learn More!*](#)

[**Click for source.*](#)



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Help Your Schools

Breathe Easy.

Did You Know Asthma Is...



One of the Most Common Chronic Diseases of Children in the United States.

The 3rd Leading Cause of Preventable Hospitalizations.



One of the Leading Causes of School Absenteeism.



Hard to Treat at School.

70% of children with asthma find it difficult to carry or self-administer their medication at school.



Help Prevent & Control Asthma in Our Schools...

Visit the [Florida Asthma Coalition website](#) for tools to help make our schools more asthma-friendly including an official Asthma-Friendly School application. You'll also find Asthma Action Plans for students, parents and school staff to download and videos on how to use an inhaler and more.

Learn More!



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