

HEALTH MATTERS

Asthma

You will need to inform your school of any diagnosis of asthma or hay fever so that a care plan can be put into place for your child. You may already have a care plan written for school from your specialist nurse or GP this can be brought into school. Some training will be offered to school staff in how to manage and spot the signs of any breathlessness.

Parents/Carers responsibilities

Know your child's condition and the signs and symptoms; this will need to be included in their care plan.

Make sure that your child's inhaler and spacer is available in school, depending on their age and school they may be able to carry this around with them.

Ensure your child's inhaler is in date! Don't wait until this has expired to get a new one prescribed, think ahead. Don't forget to take this home at the end of the school year – the spacer will need to be washed with hot water and dried.

If you leave your child's inhaler and spacer with their school make sure that the spacer is kept in a sealed bag, this prevents infection.

All medication will need to be labelled with your child's name and date of birth by the pharmacists. Liquid or tablet antihistamines should be kept by the school.

Your child will need to have their inhaler with you on any school trips, swimming, after school clubs and for sports; you will need to discuss this with their teacher

Make sure your child attends all medical appointments

Helpful resources

Asthma UK provides lots of helpful resources to support you and your child with their Asthma.

<https://www.asthma.org.uk/advice/child/medicines/treatment/>

<https://www.asthma.org.uk/advice/inhalers-medicines-treatments/using-inhalers/>

<https://www.asthma.org.uk/advice/asthma-attacks/>