

# HEALTH MATTERS

## Asthma

You will need to inform your school of any diagnosis of asthma or hayfever so that a care plan can be put into place for you. 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.

## You and your parents or carers responsibilities

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

Make sure that you have your inhaler and spacer available in school, depending on your age and school you may be able to carry this around with you. Make sure that the school are aware of this! A parent / carer may need to sign a consent form. Always note the time that you take your medication.

Ensure your 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 – your spacer will need to be washed with hot water and dried by an appropriate adult.

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

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

Do not use your friend's medication if you have forgotten yours! Tell an appropriate adult.

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

Take your medication when you need it, as prescribed

Tell an appropriate adult when you start to feel unwell (your teacher may consider extra time for you if this is during exams or sporting activities)

Attend all medical appointments

Each school has a named school nurse who you can speak to if you have any worries.

## Helpful resources

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

<https://www.asthma.org.uk/advice/manage-your-asthma/young-people/>

<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/>