

Your Child's Asthma: Away from Home

Your child will likely spend time at the homes of family and friends, at daycare, or at school. There are things you can do to make it easier for your child and for those that care for him or her.



At school

Arrange a meeting with your child's teachers and other staff members. At this meeting:

- Make sure you have an up-to-date copy of your child's Asthma Action Plan. If you don't have one, call your child's provider. Provide copies of your child's plan. Go over the plan at the meeting.
- Make sure the staff knows how to help your child use his or her inhaler or take other medicines.
- Discuss possible triggers. Include class pets, mold, cleaning products, tobacco smoke, and other scented products (for example, perfumes or lotions). If colds or the flu trigger asthma, make sure staff watches for early signs. They may include a stuffy or runny nose, sneezing, and complaints of a sore throat.
- Be sure the school staff knows what to do if your child's symptoms start to get worse or if he or she has an asthma attack. Refer to your child's action plan.
- Give the school your phone numbers and your child's provider's phone numbers to use in case of an emergency. Include this information on your child's action plan.

Other people's care

To help keep your child healthy:

- Be sure that anyone who takes care of your child has a copy of his or her action plan and understands how to use it. Make sure they understand his or her medicines—the dose, frequency, and how and when to give each one.
- Before your child visits a new friend, talk to his or her family. Explain your child's asthma and ask about triggers in the household. This is especially important before an overnight visit.
- Just like at school, make sure that anyone watching your child knows what to do if symptoms start to get worse or if he or she has an asthma attack.
- Encourage your child to play at home or another safe place if his or her asthma is triggered at a friend's house.

- **Make sure your child is not around smokers in the homes or in the cars of family or friends, or in other places.**

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