

The Asthma Society of Canada is encouraging classroom teachers, physical education teachers, and principals to recognize the early warning signs and symptoms of asthma in their students, and to communicate that information to parents.

According to our school health records, your child, \_\_\_\_\_, has asthma. Your child's teacher, \_\_\_\_\_, has observed the following signs and symptoms.

- Reluctant or unable to participate in physical activities
- Persistent or troublesome cough that lasts more than a week
- Uses reliever (blue) inhaler more than twice a week at school
- Appears to have problems using inhaler
- Missing school because of allergies or asthma
- Tired in class
- Faster breathing
- Coughing
- Wheezing
- Sneezing
- Runny or stuffy nose
- Moodiness
- Irritability
- Headache
- Complaints of throat or chin itchiness
- Dark circles under eyes
- Other \_\_\_\_\_

Asthma experts agree that **even mild asthma symptoms** are a sign that a person's asthma is not under ideal control. In order to get your child's asthma under control, we recommend that you **talk to your doctor about this list of signs and symptoms**.

If you would like some further information about the symptoms and signs that have been observed in your child, please feel free to call the school.

Sincerely,

Name: \_\_\_\_\_

Telephone: \_\_\_\_\_

What can you do about your child's asthma? The Asthma Society of Canada recommends the following steps to help your child achieve symptom-free asthma.

## Step One:

Talk to your doctor about this list of signs and symptoms.

## Step Two:

Ask your doctor about:

- ≈ Breathing tests
- ≈ Allergy tests
- ≈ Proper inhaler technique
- ≈ Differences between reliever and controller medications
- ≈ Developing an Asthma Action Plan for your child
- ≈ Asthma education centres
- ≈ Any other questions you might have

## Step Three:

Learn as much as possible:

- ≈ Ask your pharmacist any questions you might have, especially about your child's medications
- ≈ Visit [www.Asthma.ca](http://www.Asthma.ca) and [www.Asthma-Kids.ca](http://www.Asthma-Kids.ca)
- ≈ Call Asthma Society of Canada at 1-866-787-4050 to:
  - ≈ Find a certified Asthma Educator
  - ≈ Order Asthma Basics Booklet Series

## Step Four:

Meet with staff from your child's school to:

- ≈ Provide the school with your child's Asthma Action Plan.
- ≈ Provide your child's inhaler and spacer device. Be sure that the inhaler has the child's name, the doctor's name and phone number. Check that the expiry date on the inhaler extends past the end of the school year.
- ≈ Learn about the school board policy on medications and emergency situations.
- ≈ Ask the school to host an Asthma Awareness Information Night. Volunteer to organize it.