

## How Asthma-Friendly Is Your School?

Children with asthma need proper support at school to keep their asthma under control and be fully active. Use the questions below to find out how well your school assists children with asthma:

1. Is your school **free of tobacco smoke** at all times, including during school-sponsored events?

Yes  No

2. Does the school maintain **good indoor air quality**? Does it **reduce or eliminate allergens and irritants** that can make asthma worse?

Yes  No

Check if any of the following are present:

Cockroaches

Conditions and objects conducive to dust mites, including high humidity, carpets, pillows, upholstered furniture and stuffed toys

Mold

Pets with fur or feathers

Strong odors or fumes from art and craft supplies, pesticides, paint, perfumes, air fresheners, and cleaning chemicals

3. Is there a **school nurse** in your school all day, every day? If not, is a nurse regularly available to help the school write plans and give the school guidance on medicines, physical education, and field trips for students with asthma?

Yes  No

**Asthma can be controlled; expect nothing less.**

4. Can children take **medicines** at school as recommended by their doctor and parents? May children carry their own asthma medicines?

Yes  No

5. Does your school have an **emergency plan** for taking care of a child with a severe asthma episode (attack)? Is it made clear what to do? Who to call? When to call?

Yes  No

6. Does someone **teach school staff** about asthma, asthma management plans, and asthma medicines? Does someone **teach all students** about asthma and how to help a classmate who has it?

Yes  No

7. Do students have **good options for fully and safely participating in physical education** class and recess? (For example, do students have access to their medicine before exercise? Can they choose modified or alternative activities when medically necessary?)

Yes  No

**If the answer to any question is no, students may be facing obstacles to asthma control. Uncontrolled asthma can hinder a student's attendance, participation, and progress in school. School staff, health professionals, and parents can work together to remove obstacles and to promote students' health and education.**

**Contact professional health organizations for information about asthma and helpful ideas for making school policies and practices more asthma-friendly. Federal and state laws are there to help children with asthma.**