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

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.

Source: National Heart, Lung, and Blood Institute, National Asthma Education and Prevention Program School, Asthma Education Subcommittee.

Asthma can be controlled; expect nothing less.