

Use this guide to start meaningful discussions and build a team that's ready to respond when your child needs it most. Discussions are recommended prior to the start of the school year or with any medicine or routine changes. Scan the QR code to view the online version.



Physician or Asthma Medical Healthcare Team

Key points to cover

- ☐ What type of asthma does my child have and how controlled is it?
- ☐ What tests should I have done?
- ☐ What medications are prescribed, how do they work, and how should they be used?
- ☐ Will these medicines be covered by my insurance?
- ☐ What are my child's asthma triggers? What should be avoided, and what steps can be taken to improve the environment?
- ☐ What signs show my child is having trouble breathing, and what should I do if that happens?
- ☐ When to seek medical attention?
- ☐ When should I ask to be referred to a specialist (Allergist or Pulmonologist)?
- ☐ Are my child's immunizations up to date, including vaccines that help protect against asthma triggers like respiratory infections?

School Health Office (School Nurse | Health team)

Key points to cover

- ☐ How Asthma Friendly is our school?
- ☐ What are the protocols and procedures for managing asthma symptoms during the school day?
- ☐ Can you walk through my child's Asthma Action Plan with me?
- ☐ Can my child carry their own medication to use when needed? Can you show me how to use the inhaler?
- ☐ How does the school handle asthma triggers? What steps are taken to find and reduce these triggers and improve indoor air quality?
- ☐ Is there a stock medication policy in my child's school?
- ☐ Do you provide Asthma Self-Management Education programs?
- ☐ Are you able and willing to participate and conduct Asthma Basics Online/ workshop (1 CME credit)?

School Administrators

Key points to cover

- ☐ What model policies to create Asthma-Friendly Schools are in place, including tobacco-free buildings and grounds?
- ☐ How are staff supported in offering or participating in Asthma Self-Management Education programs or training like Asthma Basics Online?

School Teachers and Staff

Key points to cover

- ☐ Is asthma education or training, such as Asthma Basics offered to all staff?
- ☐ Are staff trained to recognize asthma symptoms and respond during a breathing emergency?
- ☐ What practices are in place to identify and reduce asthma triggers in classrooms and other school areas?
- ☐ What steps are taken when symptoms occur or there's a breathing emergency?
- ☐ How is lung health integrated into the learning curriculum, especially regarding the effects of indoor/outdoor environments and tobacco exposure on respiratory health?

Before/After School Staff (daycare or wrap around care)

Key points to cover

- ☐ Is asthma education like Asthma Basics, provided to before/after school staff, and do they support access to Asthma Self-Management Education programs?
- ☐ Do staff understand and follow each child's Asthma Action Plan?
- ☐ Are Stock Medication policies available, understood and implemented in this care setting?
- ☐ Can staff recognize asthma symptoms and respond appropriately during a breathing emergency?
- ☐ How are asthma triggers identified and avoided in before/after school environments?
- ☐ What steps should be taken when symptoms appear or during a breathing emergency?

Athletics/Coaches

Key points to cover

- ☐ Is asthma training, such as Asthma Basics, offered to staff & coaches?
- ☐ Do coaches understand and follow the Asthma Action Plans for participating students?
- ☐ Are Stock Medication policies available, understood and followed during sport activities?
- ☐ Can coaches recognize asthma symptoms and respond during a breathing emergency?
- ☐ What steps are taken to identify and manage asthma triggers related to physical activity?
- ☐ What steps should be taken when symptoms appear or during a breathing emergency?
- ☐ Are quick-relief inhalers readily accessible during all practices and events?
- ☐ Are outdoor activities adjusted based on air quality, weather, or respiratory illness season?

Bus Drivers/Transportation

Key points to cover

- ☐ Is asthma training, such as Asthma Basics, offered to transportation staff and school personnel?
- ☐ Do transportation staff understand and follow each child's Asthma Action Plan?
- ☐ Are Stock Medication policies available, understood and accessible during transportation?
- ☐ Can transportation staff recognize asthma symptoms and respond to a breathing emergency?
- ☐ Are potential asthma triggers (allergens and fumes) identified on buses and around loading zones?
- ☐ What is the emergency protocol if a child experiences symptoms while traveling?
- ☐ Is there an anti-idling policy to reduce exhaust exposure near schools?

Friends and Family

Key points to cover

- ☐ Is asthma education, such as the "What is Asthma?" video or Asthma Basics, shared with friends and family?
- ☐ Are friends and family encouraged to participate in asthma self-management education, like Breathe Well, Live Well, (BWLW Plus)?
- ☐ Are friends and family familiar with and able to follow the child's Asthma Action Plan?
- ☐ Can friends and family recognize asthma symptoms and respond to a breathing emergency?
- ☐ What steps should be taken when symptoms appear or during a breathing emergency?
- ☐ How are asthma triggers like smoke, pets, or strong scents identified and reduced in the home?
- ☐ What to do when symptoms occur or there's a breathing emergency?