

Our back-to-school protocol will help you get your child's asthma controlled, lower your family's COVID-19 risk, and reduce the spread of respiratory viruses. Visit lunghealth.ca/backtoschool for our full checklist.



Should students with asthma learn from home remotely, or head to class?

Asthma doesn't make your child more likely to catch COVID-19, though you should be aware that any respiratory virus can cause an asthma flare-up (attack). COVID-19 is no exception.

Most children who have their asthma under control should be able to participate in in-person learning. Your child's healthcare provider can help you determine what's best for your situation.

Make the schooling choice that is right for your child and your family, and continue to manage your child's asthma.



Have a hospital-free September

In a typical year, returning to school can mean more emergency department visits for children due to asthma flare-ups. This is known as the "September Spike". There are many possible reasons for the Spike, but the two biggest are:

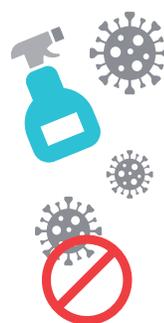
- Asthma management routines weren't followed during summer break.
- Exposure to respiratory viruses and other triggers that normally occur that time of year.

If the pandemic shook you up, you're not alone. Act now to get your child's asthma under control. A call with a Certified Respiratory Educator is a great place to start! Call 1-888-344-LUNG, or chat with us at lunghealth.ca.



Should your child be sidelined from sports?

No! If asthma is stopping your child from staying active, that's a signal their asthma is not under control. Physical activity is important. Your child should be able to participate in gym class if their asthma is properly managed.



Common classroom asthma triggers

* respiratory viruses (including the common cold)
*mould * pollen * pet dander (dandruff) * dust (including chalk dust) * dust mites * cleaning products (see below) * scents

NOTE: To protect students from COVID-19, your school will be cleaning more often with stronger cleaning products. The fumes from these chemicals may be an asthma trigger for children and adults.

Have THESE conversations now



Things will feel different in 2020. Prepare your child by discussing your school's COVID-19 protocols with them in advance. Then ask questions like:

- Would you feel comfortable telling your teacher that you're having trouble breathing?
- Do you remember how to take your inhaler?
- Are you worried about experiencing asthma symptoms in front of other people? Let's practice talking about asthma!

Our free Lung Health Line is here to help

Speak to a Certified Respiratory Educator by phone (1-888-344-LUNG), live chat (lunghealth.ca) or email (info@lunghealth.ca) Monday to Friday from 8:30 a.m. to 4:30 p.m. EST.

lunghealth.ca/backtoschool 