

How to Avoid the September Asthma Peak



September is a peak time for asthma attacks in the United States. This is when emergency department visits and hospital admissions for asthma tend to rise to their highest levels, especially among children.

25% of all children's asthma hospitalizations occur in September

3rd week of September = asthma peak

13.8 MILLION school days missed annually due to asthma



Why does this happen?

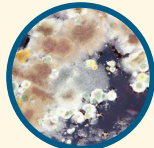
When school starts, children with asthma are often exposed to more asthma triggers.



Respiratory viruses, including the flu



Ragweed pollen



Mold



Diesel exhaust from school buses



Chemicals from cleaning products used at school

9 ways to keep your child's asthma well-controlled in September – and beyond!

- 1 Schedule an asthma checkup with your child's doctor before September.
- 2 Review your child's asthma treatment plan with teachers and the school nurse.
- 3 Make sure quick-relief and controller asthma inhalers are not expired or close to expiring.
- 4 Have your child carry a quick-relief inhaler at school, even if the school stocks emergency inhalers.
- 5 Ask school staff to reduce exposure to asthma triggers. Can teachers hold PE and recess indoors? Can they keep classroom windows closed?
- 6 Ask school administration or janitorial staff to use non-toxic cleaning products and disinfectants.
- 7 Wash hands often to reduce the risk of picking up a cold or virus.
- 8 Get the flu and COVID-19 vaccines to reduce the risk of getting a respiratory virus.
- 9 See an asthma specialist if your child's symptoms are not improving.