

# How do I know when to when to keep my child home from school?

With asthma and allergies, it can be really hard to decide when to send your student to school – and when it’s a good idea to stay home. Especially as school reopens after the COVID-19 outbreak, it can be a tough decision.

Anxiety can often appear as an illness in children, if you think your child is not feeling well due to anxiety, call the school to get help for your child to feel less anxious.

## For All Students

When to Go to School	When to Stay Home
No fever for 24 hours	Fever of 100.4° or higher
Has energy to participate in school activities	Feels too sick to participate in school activities
Occasional cough	Moderate to severe cough
Feels good	Shortness of breath
No vomiting or diarrhea for 24 hours	Stomach pain
	Sore throat
	Vomiting
	Diarrhea
	Neck pain
	Rash
	Bloodshot eyes
	Feels extra tired
	Needs fever or pain medication to feel good

## For Students with Asthma

When to Go to School	When to Stay Home
Slight wheeze	Sleepless night due to asthma symptoms
In Green Zone on Asthma Action Plan	Significant wheezing, coughing, shortness of breath
	Experiencing asthma flare that is not well controlled with quick relief medication

# Back to School Checklist for Families

## Asthma



### Before School Begins:

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- Make an appointment to see your child's healthcare provider.
  - Be sure your child's asthma is under good control.
  - Update medication orders if needed.
  - Update or complete an Asthma Action Plan for use at home and at school,
  - Have school forms completed.
- Make an appointment to visit the school to discuss your child's asthma if needed.
  - If your child is starting a new school, it's a great idea to have a conversation with school staff.
- Be sure your child/teen is using daily controller medications on schedule and quick-relief medication as needed to work towards a healthy start to the school year.
  - Review when your child should take medication:
- Quick relief medication
- Controller medication (if prescribed)
  - Review how to use inhaled medications:
- Videos are available on AllergyAsthmaNetwork.org that demonstrate proper use of most specific types of inhalers: [https://www.youtube.com/playlist?list=PLC39F35D440D0F155&feature=view\\_all](https://www.youtube.com/playlist?list=PLC39F35D440D0F155&feature=view_all)
  - Review your child's Asthma Action Plan with your child and school staff.
- Be sure your child knows when to get help and who to go to in an asthma emergency.
- Develop a healthy schedule including healthy, regular meals and a set sleep routine

### When School Starts:

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- Talk to your school nurse or school administrator to be sure that they are aware of your student's asthma.
- Take medication, forms and supplies to school.
  - Deliver your child's inhaled medications, medication permission forms and Asthma Action Plan to school either on or before the first day of school.
  - If your child requires a nebulizer, check with the school to see whether you need to provide tubing and a face mask or the nebulizer itself as well.
- Check in with your child at the end of the school day to see how they feel and if they experienced any difficulty managing their asthma at school.
- Encourage your child to fully participate in school and sports. If asthma seems to be interfering, check in with your child's healthcare provider to adjust their treatment and be sure their asthma is under control.

# Back to School Checklist for School Nurses

## Asthma and Life-Threatening Allergies



### ASTHMA

#### Before School Begins:

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- Identify students with asthma
- Set up medication system to include inhaled medications
- Meet with parents as needed to obtain:
  - Medication orders
  - Medication
  - Asthma Action Plan
- Communicate with the student's teachers and school staff about the student's health needs
- Review asthma symptoms, daily management concerns and emergency procedures with school staff
  - Post asthma signs and symptoms in classrooms
  - Provide staff with education as needed

#### When School Starts:

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- Touch base with students with asthma to discuss asthma management at school
  - Assess ability for self-care and self-medication
- Obtain medications, medication orders and Asthma Action Plans if not previously completed
- Track expiration dates for medications
- Write Individualized Healthcare Plan for student as needed

### LIFE-THREATENING ALLERGIES

#### Before School Begins:

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- Identify students with asthma
- Set up medication system to include inhaled medications
- Meet with parents as needed to obtain:
  - Medication orders
  - Medication
  - Asthma Action Plan
- Communicate with the student's teachers and school staff about the student's health needs
- Review asthma symptoms, daily management concerns and emergency procedures with school staff
  - Post asthma signs and symptoms in classrooms
  - Provide staff with education as needed

#### When School Starts:

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- Touch base with students with asthma to discuss asthma management at school
  - Assess ability for self-care and self-medication
- Obtain medications, medication orders and Asthma Action Plans if not previously completed
- Track expiration dates for medications
- Write Individualized Healthcare Plan for student as needed