



Is Your Child's Asthma Under Control?

Your child's asthma is not controlled if:

- Your child needs to use their quick-relief medicine more than two times a week for asthma signs –
REMEMBER: only quick-relief medicine should be sent to school
- Asthma signs are present more than two times per week
- Asthma signs are present more than two nights a month
- Your child needs to limit their normal activities

With controlled asthma, your child should be able to:

- Be active without having asthma signs, including exercise, sports, and attendance at school
- Sleep through the night without having asthma signs
- Prevent asthma episodes

Asthma is a common lung disease that can make it hard to breathe because:

- The airways are swollen
- The muscles squeeze tight around the airways
- The airways are filled with thick, sticky mucous

Triggers can make your child's asthma worse.

Your child's asthma can be controlled by:

- Staying away from their known asthma triggers
- Treating asthma signs early
- Taking asthma medicines given to them by their doctor
- Regular check-ups to their doctor

Asthma signs are:

- Wheezing
- Coughing
- Shortness of breath
- Chest tightness

Call your child's doctor if signs of uncontrolled asthma are present.

Please complete an asthma plan for school.