



2018

Open Airways

Back to School with Asthma



In Bermuda, 1 in 5 school age children have asthma. Asthma is disabling, distressing, misunderstood, life-threatening and **TREATABLE!**

TIPS for TEACHERS

- ⇒ Know which students have asthma and understand the severity.
- ⇒ Make sure their name is on the school asthma registry.
- ⇒ Know how to recognize and respond to an acute asthma episode. (see D of H **Asthma First Aid** poster)
- ⇒ Ensure easy access to **reliever** inhalers (usually Ventolin or Airomir).
- ⇒ **Reliever** inhalers must be taken on school trips.
- ⇒ Ensure the classroom environment is favourable for students with asthma.
 - * Open your windows every day!
 - * Do not allow perfume to be used.
 - * Do not use aerosols or sprays to clean or to freshen the air.
 - * Do not use plug-in air fresheners.

TIPS for PARENTS

- ⇒ Students with asthma should see their pediatrician every year and have a Personal Action Asthma Plan.
- ⇒ Make sure their name is on the school asthma registry.
- ⇒ Make sure your teacher knows your child has asthma and understands the severity.
- ⇒ Always have a **reliever** inhaler (Ventolin or Airomir) AND a spacer clearly marked in the school bag or locker. (Parents of young children will give these to the teacher for safe keeping.)
- ⇒ Encourage children to eat a healthy diet and get plenty of fresh air and exercise.
- ⇒ Ensure your child uses their **preventer** inhaler every day to keep their asthma away.

STUDENTS with ASTHMA should be able to PARTICIPATE IN ALL SCHOOL ACTIVITIES - including sports.

If a student is using a **reliever** inhaler more than twice a week or waking at night with asthma symptoms then see a doctor, or contact:



Open Airways (Tracy Nash):
232-0264 or
nurse@openairways.com

School Asthma Nurse (Deann Trott):
332-8915 or djtrott@gov.bm

Help Controlling your Asthma?

Our nurses are happy to do home visits to help you manage your asthma. Contact:
Tracy: 232-0264 nurse@openairways.com
or Liz: liz@openairways.com

PLAN a LIVELY PRESENTATION

Asthma in School (for schools & teachers) - help students control their asthma and reduce absenteeism

(Continuing education – 1 hr certificate of attendance)

Asthma First Aid (for schools and all staff) - learn how to recognize and manage an acute asthma episode in school.

Asthma – The Goal is Control (for PTA & parent meetings) - lively interactive presentations about asthma control and spacer demonstrations. Making sure your child can fully participate in all school activities including sports.

TO BOOK: Call Open Airways - 232-0264 or email:
Tracy Nash - nurse@openairways.com or
Liz Boden - liz@openairways.com

SCHOOLS: Save the Date
HOUR OF AIR
March 15th, 2019



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