Open Airways
SUMMER ASTHMA TIPS

HAVE A HAPPY HEALTHY SUMMER - BREATHING FREELY!
Enjoy lots of fresh air and exercise!
Students with asthma should be able to participate in ALL summer activities including sports

Swimming is GREAT for your lungs!

⇒ REMEMBER! Take your preventer inhaler (usually orange, brown or purple) every day to keep your asthma away!
⇒ Be Prepared! Never leave home without your reliever inhaler (usually blue) and your spacer.
⇒ Buy a new pillow if yours is older than a year.
⇒ Open the windows EVERY day for fresh air (even if you have a/c).
⇒ Clean without chemicals and use microfiber cloths.
⇒ Have houseplants to freshen air.
⇒ Prior to the new school year, make sure to see your doctor to review your Asthma Action Plan.
⇒ Two weeks before school begins, ensure your child is taking their preventer inhaler to avoid the ‘back to school peak’ of asthma attacks.
⇒ Hurricanes? Make sure you have your inhalers available.

⇒ IS YOUR CHILD ATTENDING SUMMER CAMP?
⇒ Make sure their counselor knows they have asthma and understands the severity and knows how to respond to an acute asthma attack.
⇒ Always have your relief inhaler and spacer with you.
⇒ Make sure the counselors have your relevant contact #’s.

Open Airways is offering free Summer Camp Counselor Workshops to teach counselors about the care and treatment for children with asthma.

Contact: Tracy Nash at nurse@openairways.com

What to do in an ASTHMA ATTACK
⇒ Take reliever (blue) inhaler immediately.
⇒ If no improvement, take one puff of (blue) inhaler every few minutes or until symptoms improve.
⇒ IF symptoms DO NOT improve, or you are in doubt - call your doctor or go the Emergency Department immediately.
⇒ Continue to take (blue) inhaler on the way to hospital.

⇒ PILLOW VOUCHERS
This year, as we’re unable to obtain rolled pillows, we are distributing vouchers. All Primary school children with asthma should be receiving a pillow voucher from Open Airways prior to the end of the school year.
Pillow vouchers can be redeemed at Masters.

⇒ www.openairways.com
We’re also on FACEBOOK

If a child is using Ventolin more than twice a week, waking at night with asthma symptoms then see a doctor, or contact:
School Asthma Nurse (Deann Trott)
332-8915 or djtrott@gov.bm
Open Airways (Tracy Nash)
232-0264 or nurse@openairways.com