



Open Airways

Back to School with Asthma - Fall 2021

Hoping this school year is both **HEALTHY & HAPPY!**

DID YOU KNOW?

In Bermuda, 1 in 5 children have asthma...WOW!

STUDENTS with ASTHMA should be able to participate in **ALL** school activities - **including sports.**

WELL CONTROLLED asthma is your best defence!

TIPS for PARENTS

- ⇒ See your pediatrician **NOW** for your annual asthma review and have a Personal Action Asthma Plan.
- ⇒ Complete the 45-min online **FREE** Asthma Course - *(see box in lower left for details)*
- ⇒ Make sure their name is on the school asthma registry.
- ⇒ Make sure your teacher knows your child has asthma and understands the severity.
- ⇒ Ensure your child uses their **PREVENTER** inhaler (usually orange, brown or purple) **EVERY DAY** to keep asthma away.
- ⇒ Always have a **reliever/emergency** 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.

TIPS for TEACHERS

- ⇒ Know which students have asthma and the severity.
- ⇒ Complete the 45-min online **FREE** Asthma Course - designed for anyone who works with children with asthma *(see box in lower left for details)*
- ⇒ 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/emergency** inhalers (usually Ventolin or Airomir).
- ⇒ **Reliever/emergency** 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/sprays to clean / freshen the air.
 - * Do not use plug-in air fresheners.

FOR ALL TEACHERS, COACHES, CAMP INSTRUCTORS, PARENTS

FREE online 45-minute course **Supporting Children's Health - Asthma**

Learn what to do in an asthma attack, triggers to avoid, what treatments help, etc.

Access through: www.openairways.com

**An hour of your life might
SAVE a life!**

IS YOUR ASTHMA WELL CONTROLLED?

- ⇒ Do you have asthma symptoms more than twice a week? (cough, wheeze, tight chest)
- ⇒ Do you use your 'reliever/emergency' inhaler more than twice a week?
- ⇒ Do you refill your 'reliever/emergency' inhaler more than twice a year?
- ⇒ Do you wake a night with asthma more than twice a month?

**If the answer is YES to
ANY of these questions -
your asthma is NOT well controlled.**

Get Asthma Education * See your Doctor
Talk to your Pharmacist

SPEAK with an Asthma Nurse TODAY

Tracy: 232-0264 nurse@openairways.com

Liz: liz@openairways.com

PREVENTION is the KEY!

Did you know - your preventer inhaler takes 2 weeks to be effective? If you are not taking yours every day, **START TODAY...** don't wait until you are sick.

Preventer inhalers - Flixotide, Beclomethasone, Symbicort, Seretide, Dulera, Qvar.

Please contact Open Airways if you have inhalers but don't understand which is prevention and which is emergency.

...and REMEMBER

- ⇒ Always carry emergency/relief inhalers with you.
- ⇒ Ensure you have **SPARE INHALERS**.

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