



Open Airways

Back to School with Asthma - Fall 2022

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 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)
- ⇒ Know how to recognize and respond to an acute asthma episode.
- ⇒ 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.

BERMUDA STUDENT ASTHMA REGISTRY

If your child has asthma, or you suspect they might, we encourage you to add their information to the newly released 2022/2023 registry.

The registry is accessible online and provides local asthma healthcare providers, as well as the ministries of Health and Education, the ability to track and ensure proper supports are in place for students with asthma.

<https://bit.ly/2022BermudaStudentAsthmaRegistry>

REGISTER YOUR STUDENT TODAY!

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 Asthma Registry: <https://bit.ly/2022BermudaStudentAsthmaRegistry>
- ⇒ 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.

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!**

Open Airways Contact information:

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www.openairways.com



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

Holly: 536-6060 nurse@openairways.com

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