



2019

Open Airways

Back to School with Asthma

Did you know?

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

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

FOR ALL TEACHERS, COACHES, CAMP INSTRUCTORS, PARENTS - take our

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

Access through: www.openairways.com

An hour of your life might SAVE a life!

What to do in an ASTHMA ATTACK

Sit upright, Take 1 puff of your reliever (usually blue) inhaler every 30 - 60 seconds up to 10 puffs. If symptoms do not improve, or in doubt call 911 for an ambulance. Continue to use reliever inhaler every minute while waiting for ambulance.

LEARN MORE BREATHE BETTER!

FREE One-on-one consult with an asthma nurse (for anyone who needs help with asthma) - at home, in office, over the phone. Contact: Tracy: 232-0264 nurse@openairways.com or Liz: liz@openairways.com

If your child is using a reliever inhaler more than twice a week or waking at night with asthma symptoms, please contact us for assistance.

Asthma First Aid (for teachers) - how to recognize and manage an acute asthma episode in school.

Asthma - The Goal is Control (for PTA meetings) - lively interactive presentations about asthma control, triggers and treatments and spacer technique.

TO BOOK: Contact Open Airways: Tracy: 232-0264 nurse@openairways.com or Liz: liz@openairways.com

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 (usually orange, brown or purple) **EVERY DAY** to keep their asthma away.

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.

www.openairways.com



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NEED ASSISTANCE with ASTHMA? CONTACT OPEN AIRWAYS TODAY

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Liz: liz@openairways.com