

April 28, 2023

Does anyone in your family have Asthma?

Asthma is a chronic disease that affects your lungs. It is one of the most common childhood illnesses. With asthma, the airways in lungs are often irritated and inflamed. Symptoms of asthma include shortness of breath, wheeze, cough, and chest tightness. If your child complains of any of these symptoms, it is important to contact your primary care provider for advice. Asthma can usually be managed with a rescue inhaler to treat symptoms and controller medication that prevents symptoms from occurring. Children should participate in their plan of care by identifying “triggers” in the environment that cause symptoms such as cold weather, change of seasons, exercise, pets, or smoke. Being active and playing sports can help children with asthma stay fit and help their lungs work better. Many of our students have rescue inhalers for use during the school day. Rescue inhalers can only be used in school with a medication order from the health care provider and written parent consent. As always, our nursing team is available to review school medication rules and provide asthma education.