



1 IN 5

STUDENTS IN
ONTARIO SCHOOLS
HAS **ASTHMA.**

MAKE YOUR
SCHOOL A PLACE
WHERE THEY CAN
BREATHE FREELY.



Creating and maintaining an asthma-friendly environment demonstrates that you recognize and respond to the needs of students and staff with asthma.

HERE ARE 7
EASY STEPS TO
HELP YOU MAKE
YOUR SCHOOL
ASTHMA-FRIENDLY.

1

ESTABLISH A PROCESS TO IDENTIFY STUDENTS WITH ASTHMA.

- **Identify students with asthma at the start of every school year.**
- **Order copies of *The Lung Association's Student Asthma Management Plan*. It gives staff instructions about each student's asthma.**

ENSURE THAT
ALL STUDENTS
WITH ASTHMA
HAVE EASY
ACCESS TO THEIR
PRESCRIBED
RELIEVER
INHALER.

- *Encourage students to carry their own inhalers (with permission of parent/guardian/health care provider).*
- *If students are not permitted to carry their inhalers, then the reliever inhaler should be easily accessible at all times. Medication should not be kept in the main office or a locked storage unit.*



ESTABLISH A PROCESS FOR HANDLING WORSENING SYMPTOMS AND ASTHMA ATTACKS.

- *Staff should know how to recognize and manage asthma attacks.*
- *Schools can order copies of The Lung Association's Student Asthma Management Plan to help track students with asthma.*
- *Provide annual reviews for staff.*

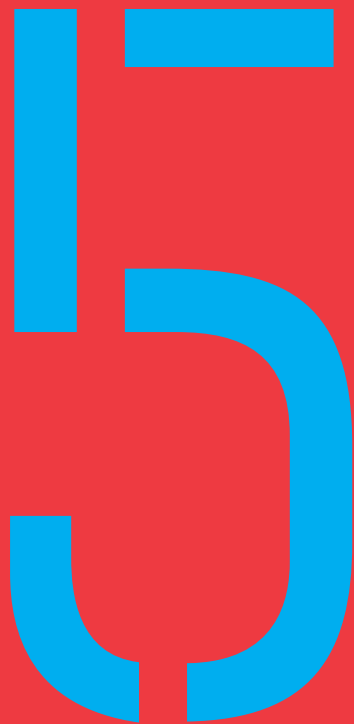


IDENTIFY AND REDUCE EXPOSURE TO COMMON ASTHMA TRIGGERS.



- ***Encourage frequent hand washing to prevent the spread of viral infections.***
- ***Use scent-free markers, non-toxic cleaning products and dust-free chalk.***
- ***Discourage staff, students and volunteers from using scented products.***
- ***If possible, schedule building repairs and cleaning when students and staff are least likely to be exposed.***
- ***Uphold the Smoke-Free Ontario Act —make sure students, staff and visitors do not smoke on school property.***

ENCOURAGE STUDENTS WITH ASTHMA TO JOIN IN ALL ACTIVITIES TO THE BEST OF THEIR ABILITIES.



- *With controlled asthma, most students can participate in physical activity*
- *Promote participation in physical activity:*
 - *Allow time to warm up. Slowly increasing the intensity of the activity can reduce the chances of having asthma symptoms.*
 - *Some may need to use a reliever inhaler (usually blue) 10-15 minutes before an activity.*
 - *Avoid locations with higher levels of air pollution (near large roads/highways or idling school buses).*

PROVIDE YOUR STAFF AND STUDENTS WITH OPPORTUNITIES TO LEARN ABOUT ASTHMA.

- **Order Ophea's asthma resources for schools and teachers at www.ophea.net.**
- **Visit www.on.lung.ca to order free asthma resources from the Ontario Lung Association.**
- **If you have questions about asthma, call The Lung Association Lung Health Information Line at [1-888-344-LUNG \(5864\)](tel:1-888-344-LUNG) to speak with one of our Certified Respiratory Educators or email info@on.lung.ca.**



WORK
TOGETHER.



- ***School boards, schools, day-care centres, teachers, coaches, families and health-care professionals should collaborate to create asthma-friendly environments.***
- ***Identify an **Asthma Champion**—someone who will locate asthma resources and organize asthma-related educational activities.***
- ***Tell colleagues and associates both within and outside your own school about the need to create asthma-friendly settings and how to access online and print resources available from **Ophea** and the **Ontario Lung Association**.***





The Lung Association is a registered charity that provides information, education and funding for research to improve lung health. The association focuses on the prevention and control of asthma and chronic lung disease, tobacco control and the effects of pollution on lung health.
www.on.lung.ca



Ophea is a not-for-profit organization that works in partnership with school boards, public health, government, non-government organizations, and private sector organizations to develop groundbreaking programs and services that support healthy active schools and communities.
www.ophea.net

For information about asthma and other lung health issues, call The Lung Association Lung Health Information Line 1-888-344-LUNG (5864) to speak to a Certified Respiratory Educator. You can also email info@on.lung.ca or visit www.on.lung.ca.

When you can't breathe, nothing else matters.™