



National Asthma Education and
Prevention Program

NATIONAL HEART, LUNG AND BLOOD INSTITUTE
National Asthma Education and Prevention Program
NAEPP School Asthma Education Subcommittee

How Asthma-Friendly Is Your Child-Care Setting?

Children with asthma need proper support in child-care settings to keep their asthma under control and be fully active. Use the checklist below to find out how well your child-care setting assists children with asthma:

- Is the child-care setting **free of tobacco smoke** at all times?
- Is there **good ventilation** in the child-care setting? Are **allergens and irritants that can make asthma worse reduced or eliminated**? Check if any of the following are present:
 - Cockroaches*
 - Dust mites (commonly found in humid climates in pillows, carpets, upholstery, and stuffed toys)*
 - Mold*
 - Furry pets*
 - Strong odors or fumes from art and craft supplies, pesticides, paint, perfumes, air fresheners, and cleaning chemicals*
- Is there a **medical or nursing consultant** available to help child-care staff write policy and guidelines for managing medications in the child-care setting, reducing allergens and irritants, promoting safe physical activities, and planning field trips for students with asthma?
- Are child-care **staff prepared to give medications as prescribed** by each child's physician and authorized by each child's parent? May **school-aged children carry their own asthma medicines** when appropriate? Is there someone available to supervise children while taking asthma medicines and monitor correct inhaler use?
- Is there a written, **asthma action plan** for each child in case of a severe asthma episode (attack)? Does the plan make clear what action to take? Whom to call? When to call?
- Does a nurse, respiratory therapist, or other knowledgeable person **teach child-care staff about asthma**, asthma management plans, reducing allergens and irritants, and asthma medicines? Does someone teach all the older children about asthma and how to help a classmate who has it?
- Does the child-care provider help children with asthma participate safely in **physical activities**? For example, are children encouraged to be active? Can children take or be given their medicine before exercise? Are modified or alternative activities available when medically necessary?

If the answer to any question is "no," children in your child-care setting may be facing obstacles to controlling their asthma. Uncontrolled asthma can hinder a child's attendance, participation, and progress in school. Child-care staff, health professionals, and parents can work together to remove obstacles and promote children's health and development.

Contact the organizations listed for information about asthma and helpful ideas for making school policies and practices more asthma-friendly. Federal and State laws are in place to help children with asthma.

Asthma can be controlled; expect nothing less.

October 2008

Resources for Families and School Staff

National Asthma Education and Prevention Program

National Heart, Lung and Blood Institute
Information Center
(301) 251-1222
<http://www.nhlbi.nih.gov>

NAEPP School Materials

<http://www.nhlbi.nih.gov/health/prof/lung/>

Allergy & Asthma Network Mothers of Asthmatics

(800) 878-4403 or (703) 641-9595
www.breatherville.org

American Academy of Allergy, Asthma & Immunology

(800) 822-ASMA or (414) 272-6071
www.aaaai.org

American Academy of Pediatrics

(800) 433-9016 or (847) 228-5005
www.aap.org

American Association for Respiratory Care

(972) 243-2272
www.aarc.org

American Association of School Administrators

703-841-0700
www.aasa.org

American College of Allergy, Asthma & Immunology

(800) 842-7777 or (847) 427-1200
<http://www.acaai.org>

American Lung Association

For the affiliate nearest you, call
(800) LUNG USA
www.lungusa.org

American School Health Association

(330) 678-1601
www.ashaweb.org

Asthma and Allergy Foundation of America

(800) 7-ASTHMA or (202) 466-7643
www.aafa.org

Centers for Disease Control and Prevention

National Center for Chronic Disease Prevention and Health Promotion
Division of Adolescent and School Health
(800) CDC-INFO
www.cdc.gov/HealthyYouth/asthma

Centers for Disease Control and Prevention

National Center for Environmental Health
Division of Environmental Hazards and Health Effects
(800) CDC-INFO
www.cdc.gov/asthma

National Association of School Boards

(703) 838-6722
www.nsba.org/SchoolHealth

National Association of School Nurses

(866) 627-6767
www.nasn.org

National Association of State Boards of Education

(703) 684.4000
www.nasbe.org

U.S. Department of Education

Office for Civil Rights, Customer Service Team
(800) 421-3481 or (202) 205-5413
www.ed.gov/offices/OCR

U.S. Environmental Protection Agency

Indoor Environments Division
(202) 233-9370
www.epa.gov/iaq/schools

Indoor Air Quality Information Clearinghouse
(800) 438-4318
www.epa.gov/iaq