

How to **AVOID** the September Asthma Peak

SEPTEMBER



Asthma flares requiring a hospital, or ED visit start to spike in early-to-mid September and decline in mid-October.

September = peak week for symptom-driven office visits, hospitalizations, and Emergency Department visits; roughly 3-4 weeks after school has started.

Asthma Stats



25% of all children's hospitalizations occur in September



14.2 million work days missed annually due to asthma



13.8 million school days missed annually due to asthma

Why does it happen?

- Return to school = exposure to multiple indoor allergens and respiratory irritants (triggers)
- Ragweed season begins
- Exposure to colds, viruses, including flu
- Each child in a classroom can bring in triggers from their individual households (cat dander, second hand smoke, etc.)
- Irregular or inconsistent (controller/maintenance) medication during summer months leads to underlying inflammation leaving them more at risk for asthma flares in September when they are exposed to additional triggers



BE PROACTIVE AND PREVENTIVE



1. Schedule an asthma checkup with your child's doctor before school begins
2. Make sure all asthma meds are refilled prior to school starting
3. Follow Asthma Action Plan and provide a copy to school nurse
4. Provide a quick reliever inhaler to the campus clinic
5. Take daily maintenance/controller meds as prescribed by your child's doctor
6. Identify and avoid triggers; communicate known triggers with teachers and nurse
7. Maintain good asthma control throughout the entire school year: stay in the green zone
8. Encourage frequent handwashing to reduce risk of catching a cold/virus
9. Teach your child to learn how to assess their level of asthma control
10. Get the flu vaccine each year

