

North East Independent School District

Health Services

10333 BROADWAY – SAN ANTONIO, TEXAS 78217

Phone (210) 356-9247, Fax (210) 657-8677

Dear Parents and Guardians,

One in four Americans experience allergies and one in eight children have asthma. If a healthcare provider has ever told you that your child has asthma, it is important that his or her school nurse know about this condition; whether experiencing current symptoms or not. Asthma is a variable disease and symptoms can surface without warning due to environmental changes. The beginning of the school year can be a challenging time for many students with asthma, this is commonly known as the [September Epidemic](#) and can occur due to a perfect storm of triggers. [Review a September Epidemic infographic](#). The school nurse has processes in place in the event an asthma related emergent situation occurs; however, we cannot intercede with these measures unless we have documentation from a health care provider that your child has a diagnosis of asthma.

Children with asthma should live active, healthy lives without interruption of normal, daily activities. Asthma management includes a proactive medication plan, assessment of symptoms, and environmental strategies. The goal of therapy is to maintain Asthma Control. If you notice your child is not reaching these goals, talk with your family's healthcare provider, clinic, or school nurse.

Common signs of uncontrolled asthma: ¹

- A cough that lasts a long time after a cold
- Coughing throughout the day
- Coughing during the night or early morning more than twice per month
- Coughing, wheezing, chest tightness or shortness of breath after vigorous physical activity in cold, windy weather
- Little energy for active play; limiting physical activity
- Coughing, wheezing, chest tightness or shortness of breath even though child is taking medicine for asthma
- Using extra medicine to stop coughing, sneezing, chest tightness, or shortness of breath
- Using a reliever inhaler three or more times per week for symptoms (Proventil, ProAir, Ventolin, or Xopenex)
- Please note that these medications have changed in how they now feel, taste, and must be cleaned (weekly). Talk to a healthcare professional, and/or your school nurse, or Diane Rhodes, RRT, AE-C, NEISD Asthma Educator (356-9247) about the new changes in all inhalers or review label inserts
 - the medication will run out prior to the propellant in the inhaler so dose counting is needed
 - priming the inhaler is very important prior to use (whether a new prescription or even after a short period of non-use)

Asthma/allergy symptoms are exaggerated by environmental triggers. The district strives to create an asthma/allergy friendly environment so all occupants can spend their day in healthy learning and work environments. Please see the Student Handbook for details as well as the Asthma Awareness Education Program website @ <https://www.neisd.net/Page/2966>

Asthma can be controlled, expect NOTHING less.

¹ National Institute of Health, NHLBI, National Asthma Education and Prevention Program, EPR 3