



Asthma Awareness at Moonee Ponds West Primary School

Back to School asthma spike

Every year there is a well-documented rise in asthma flare-ups and hospitalisations when students return to school after the Christmas break. Asthma Australia has information for parents of students with asthma to help them prepare for school. Asthma Australia's website and social media provide the latest information, including a checklist of what to do to help your child and a survey to complete to determine the impacts for parents/carers.

Asthma Australia recommends that you talk to school staff about your child's asthma and the school's medication policy, provide an Asthma Plan from the doctor and supply a spare reliever puffer and spacer for your child's use at school.

One in ten people in Australia has asthma. It affects people of all ages, some get asthma when they are young; others when they are older, people with asthma have sensitive airways in their lungs which reacts to triggers.

Asthma cannot be cured, but for most it can be well controlled by following a management plan. Symptoms vary from person to person, but most common are:

**breathlessness
coughing continually**

wheezing

tight feeling in chest

The causes of asthma are not fully understood, although people with asthma often have a family history of asthma, eczema & hayfever.

Moonee Ponds West Primary School requires all students to have an up to date written asthma action plan signed by their GP and preventative medication i.e. Ventolin or similar that's too be kept at school at all times.

For more information contact your local Asthma Foundation 1800 ASTHMA Helpline (1800 278 462) or visit www.asthmaaustralia.org.au