

My usual asthma triggers
Please tick all that apply:

- Animals and pets
- Colds and flu
- Getting upset or angry
- Exercise / PE
- Food
- Hormones
- Dust
- Central Heating
- Pollen
- Pollution
- Stress
- Weather

Asthma sufferers should have their asthma reviewed at the Doctors or clinic every year.

This asthma charter must be reissued every September.

My usual asthma symptoms
Please tick all that apply:

- Cough
- Wheezing
- Tight chest
- Shortness of breath
- Stomach Ache

Online help:

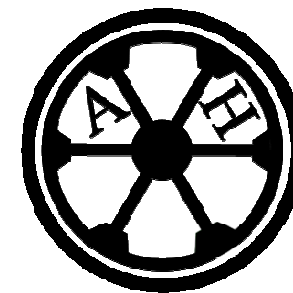
www.nhs.uk

www.patient.co.uk

www.asthma.org.uk

Acre Heads Primary School

My Asthma Charter



Name	
DOB	
Class	

Everyone is different—my asthma is not the same as everyone else's.

As parents and carers we will...

- Tell school that my child has asthma.
- Ensure that school has complete and up to date information about my child's condition.
- Inform the school about any reliever (usually blue) inhalers my child may need during school hours.
- Inform the school of any medicine / reliever my child may need while taking part in visits outings or field trips and other out of school activities.
- Inform the school of any changes to my child's medication.
- Inform the school if my child is or has been unwell which may affect the symptoms e.g. symptoms worsening or sleep disturbances due to symptoms.
- Ensure that my child's inhaler and spacer if appropriate is labelled clearly with my child's full name and date issued.

Signed:

Date:

As the asthma sufferer I will...

- Tell an adult if I am unwell.
- Tell an adult if I need to take my inhaler.
- Remember to take home and show my parents any letters from the medical room.
- Only take my inhaler when I need it.
- Remember where my inhaler is— if I am in Foundation Stage, Y1 or Y2 my inhaler is in the medical room. If I am in Y3, Y4, Y5 or Y6 my inhaler is in my bumbag.
- If my inhaler is in my bumbag, I will remember to leave it on my Teacher's desk at the end of the day and I will put it back on in the morning.
- Be sensible when I take my I inhaler.

Signed:

Date:

As the school we will...

- Allow children rapid access to their own asthma medication when they need it - and school's medication if in an emergency.
- Ensure that all staff are aware of the signs, symptoms and treatment of asthma suffered by children on the asthma list.
- Ensure that all children are appropriately educated about asthma.
- Ensure that records of asthma information are kept up to date.
- Respect the information given to us by the child's parents or carers.
- Feedback any concerns we may have about children's symptom control.
- Ensure that inhalers are taken on trips and outings.
- Inform parents / carers when a child has used his / her inhaler.
- Liaise with parents and carers if a child is falling behind with work because of asthma.
- Check the inhalers once a term and inform parents if the medicine is running out.

Signed:

Date: