

HOW ASTHMA-FRIENDLY IS YOUR SCHOOL?

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

Students who have asthma need proper support at school to keep their asthma under control and be fully active. Use this checklist to find out how well your school serves students who have asthma:

YES	NO	Are the school buildings and grounds free of tobacco smoke at all times?
YES	NO	Are all school buses, vans, and trucks free of tobacco smoke?
YES	NO	Are all school events, like field trips and athletic events (both “at home” and “away”) free from tobacco smoke?
YES	NO	Does your school have a policy or rule that allows students to carry and use their own asthma medicines ?
YES	NO	If some students do not carry their asthma medicines, do they have quick and easy access to their medicines?
YES	NO	Does your school have a written emergency plan for teachers and other staff to follow to take care of a student who has an asthma attack?
YES	NO	In an emergency, such as a fire, weather event, or lockdown, or if a student forgets his or her medicine, does your school have standing orders and quick-relief medicines for students to use?
YES	NO	Do all students who have asthma have updated asthma action plans on file at the school? (An asthma action plan is a written plan from the student’s doctor to help manage asthma and prevent asthma attacks.)
YES	NO	Is there a school nurse or other school health staff in your school building during the school day?
YES	NO	Does a school nurse or other school health staff identify, assess, and monitor students who have asthma at your school?
YES	NO	Does a school nurse or other school health staff help students with their medicines and help them to participate fully in exercise and other physical activity, including physical education, sports, recess, and field trips?
YES	NO	If a school nurse or other school health staff is not full-time in your school, is a nurse readily and routinely available to write and review plans and give the school guidance?
YES	NO	Does an asthma education expert teach all school staff about asthma , asthma action plans, and asthma medicines?
YES	NO	Is asthma information incorporated into health, science, first aid, and other classes as appropriate?
YES	NO	Can students who have asthma participate fully and safely in a range of exercise and other physical activity , including physical education, sports, recess, and field trips?
YES	NO	Are students’ quick-relief medicines nearby before, during, and after exercise and other physical activity?
YES	NO	Can students who have asthma choose a physical activity that is different from others in the class when it is medically necessary?
YES	NO	Can students who have asthma choose another activity without fear of being ridiculed or receiving reduced grades?
YES	NO	Does the school help to reduce or prevent students’ contact with allergens or irritants—indoors and outdoors— that can make their asthma worse? Are any of the following are present? <input type="checkbox"/> Cockroach droppings <input type="checkbox"/> Excessive dust and/or carpets, pillows, cloth-covered or upholstered furniture, or stuffed toys that harbor dust mites (tiny bugs too small to see) <input type="checkbox"/> Mold or persistent moisture <input type="checkbox"/> Pets with fur or hair <input type="checkbox"/> Strong odors or sprays, such as paint, perfume, bug spray, and cleaning products
YES	NO	Does your school have a no-idling policy for vehicles on school grounds, such as school buses and carpools?
YES	NO	Does your school monitor daily local Air Quality Index (AQI) information to help reduce students’ exposure to unhealthy air quality?
YES	NO	Does your school partner with parents and health care providers to address students’ asthma needs?
YES	NO	Does your school work with an asthma specialist in the community?

If the answer to any question is “no,” then it may be harder for students to have good control of their asthma. Uncontrolled asthma can hinder a student’s attendance, participation, and progress in school. School staff, health care providers, and families should work together to make schools more asthma-friendly to promote student health and education.

Asthma cannot be cured, but it can be controlled.
Students who have asthma should be able to live healthy, active lives with few symptoms.

