



ASTHMA

GRAPHIC 1:



CAPTION: September may cause a perfect storm of triggers. Learn more about these triggers and what you can do to help control your asthma: <https://www.health.ny.gov/diseases/asthma/brochures.htm>

GRAPHIC 2:

Slide 1:



AVOID THE SEPTEMBER ASTHMA PEAK

WHY DOES IT HAPPEN?



A Perfect Storm of Triggers

Return to school = exposure to multiple allergens (indoor mold, animal dander) and respiratory irritants (air pollutants from idling school buses), and easy to catch cold germs and viruses.

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Slide 2:

AVOID THE SEPTEMBER ASTHMA PEAK

WHY DOES IT HAPPEN?



A Perfect Storm of Triggers

High levels of ragweed and mold allergens in outside air.

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Slide 3:



AVOID THE SEPTEMBER ASTHMA PEAK

WHY DOES IT HAPPEN?



A Perfect Storm of Triggers

It's easy to catch cold germs and viruses, including the flu. These can make your asthma worse.

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Slide 4:

AVOID THE SEPTEMBER ASTHMA PEAK

WHY DOES IT HAPPEN?



A Perfect Storm of Triggers

Irregular medication use from the summer months – when children don't follow their asthma medication schedule can mean they're more at risk for asthma flares in September, when they're exposed to more allergens, triggers, and cold germs and viruses.

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CAPTION: Anxiety and stress associated with the new school year can also trigger asthma. Learn more about controlling your child's asthma this September.

<https://www.health.ny.gov/diseases/asthma/brochures.htm>

GRAPHIC 3:



AVOID THE SEPTEMBER ASTHMA PEAK



The third week of September = Peak week for asthma flares, hospitalizations and ER visits.

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CAPTION: It's peak week for asthma flares, ER visits and hospitalizations. Learn more about why and what you can do to help control asthma:

<https://www.health.ny.gov/diseases/asthma/brochures.htm>

GRAPHIC 4:

Slide 1:

AVOID THE SEPTEMBER ASTHMA PEAK

**25% of all
children's asthma
HOSPITALIZATIONS
occur in September**



Source: <https://www.dhhs.nh.gov/sites/g/files/ehbemt476/files/documents/2021-11/asthma-september-peak.pdf>

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Slide 2:



AVOID THE SEPTEMBER ASTHMA PEAK

10.5 million school days missed annually due to asthma.



Source: <https://www.dhhs.nh.gov/sites/g/files/ehbemt476/files/documents/2021-11/asthma-september-peak.pdf>

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Slide 3:

AVOID THE SEPTEMBER ASTHMA PEAK

14.2 million workdays missed annually due to asthma.



Source: <https://www.dhhs.nh.gov/sites/g/files/ehbemt476/files/documents/2021-11/asthma-september-peak.pdf>

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CAPTION: If someone in your home has asthma, learn more about controlling it this September.

<https://www.health.ny.gov/diseases/asthma/brochures.htm>

GRAPHIC 5:



Slide 1:

AVOID THE SEPTEMBER ASTHMA PEAK

- 1.** Schedule an asthma checkup with your child's doctor before the school year begins.
- 2.** Make sure all asthma medications are refilled prior to start of school year.
- 3.** Take long-acting asthma medications as prescribed by your child's doctor.



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Slide 2:

AVOID THE SEPTEMBER ASTHMA PEAK

- 4.** Keep or carry medications at school, particularly a quick-relief inhaler.
- 5.** Keep a peak flow meter, a device that signals brewing lung problems.
- 6.** Encourage frequent handwashing to reduce risk of catching a cold or a virus.



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Slide 3:



AVOID THE SEPTEMBER ASTHMA PEAK

7. Identify and avoid environmental triggers; if pollen is a problem, talk with teachers about staying inside from outdoor activities.
8. Get the flu vaccine.



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Slide 4:

AVOID THE SEPTEMBER ASTHMA PEAK

9. Follow the Asthma Action Plan and provide one to the school nurse.
10. Maintain good asthma control throughout the entire year, even if symptoms are well controlled during summer.



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CAPTION: 10 steps to stay proactive and preventative when it comes to asthma triggers. Learn more: <https://www.health.ny.gov/diseases/asthma/brochures.htm>