



National Heart, Lung, and Blood Institute  
National Asthma Education and Prevention Program  
School Asthma Education Subcommittee

## How Asthma-Friendly Is Your School?

Children with asthma need proper support at school to keep their asthma under control and be fully active. Use the questions below to find out how well your school assists children with asthma:

1. Is your school **free of tobacco smoke** all of the time, including during school-sponsored events?
2. Does the school maintain **good indoor air quality**? Does it **reduce or eliminate allergens and irritants** that can make asthma worse?  
Allergens and irritants include pets with fur or feathers, mold, dust mites (for example, in carpets and upholstery), cockroaches, and strong odors or fumes from such products as pesticides, paint, perfumes, and cleaning chemicals.
3. Is there a **school nurse** in your school all day, every day? If not, is a nurse regularly available to the school to help write plans and give guidance for students with asthma about medicines, physical education, and field trips?
4. Can children take **medicines** at school as recommended by their doctor and parents? May children carry their own asthma medicines?
5. Does your school have an **emergency plan** for taking care of a child with a severe asthma episode (attack)? Is it made clear what to do? Who to call? When to call?
6. Does someone **teach school staff** about asthma, asthma management plans, and asthma medicines? Does someone **teach all students** about asthma and how to help a classmate who has it?
7. Do students have **good options for fully and safely participating in physical education** class and recess? (For example, do students have access to their medicine before exercise? Can they choose modified or alternative activities when medically necessary?)

If the answer to any question is no, students may be facing obstacles to asthma control. Asthma out of control can hinder a student's attendance, participation, and progress in school. School staff, health professionals, and parents can work together to remove obstacles and to promote students' health and education.

Contact the organizations listed for information about asthma and helpful ideas for making school policies and practices more asthma-friendly. Federal and State laws are there to help children with asthma.

**Asthma can be controlled; expect nothing less.**

## Resource Organizations for Parents and School Staff

### **National Asthma Education and Prevention Program**

National Heart, Lung, and Blood Institute Information Center, P.O. Box 30105, Bethesda, MD 20824-0105  
(301) 251-1222  
Internet: <http://www.nhlbi.nih.gov>

NAEPP materials include:

- *Managing Asthma: A Guide for Schools*
- *Asthma Awareness Curriculum for the Elementary Classroom*
- *Asthma and Physical Activity in the School*
- *Making a Difference: Asthma Management in the School* (video)

### **Allergy and Asthma Network/Mothers of Asthmatics, Inc.**

2751 Prosperity Avenue, Suite 150, Fairfax, VA 22031  
(800) 878-4403 or (703) 641-9595  
Internet: <http://www.aanma.org>

### **American Academy of Allergy, Asthma, and Immunology**

611 East Wells Street, Milwaukee, WI 53202  
(800) 822-ASMA or (414) 272-6071  
Internet: <http://www.aaaai.org>

### **American Academy of Pediatrics**

141 Northwest Point Boulevard, Elk Grove Village, IL 60007  
(800) 433-9016 or (847) 228-5005  
Internet: <http://www.aap.org>

### **American Association for Respiratory Care**

11030 Ables Lane, Dallas, TX 75229-4593  
(972) 243-2272  
Internet: <http://www.aarc.org>

### **American College of Allergy, Asthma, and Immunology**

85 West Algonquin Road, Suite 550, Arlington Heights, IL 60005  
(800) 842-7777 or (847) 427-1200  
Internet: <http://allergy.mcrg.edu>

### **American Lung Association**

For the affiliate nearest you, call  
(800) LUNG USA  
Internet: <http://www.lungusa.org>

### **Asthma and Allergy Foundation of America**

1125 15th Street, N.W., Suite 502, Washington, DC 20005  
(800) 7-ASTHMA or (202) 466-7643  
Internet: <http://www.aafa.org>

### **Healthy Kids: The Key to Basics**

Educational Planning for Students With Asthma and Other Chronic Health Conditions  
79 Elmore Street, Newton, MA 02159-1137  
(617) 965-9637

### **U.S. Department of Education**

Office for Civil Rights, Customer Service Team, Mary E. Switzer Building, 330 C Street, S.W., Washington, DC 20202-1328  
(800) 421-3481 or (202) 205-5413  
Internet: <http://www.ed.gov/offices/OCR>

### **U.S. Environmental Protection Agency**

Indoor Environments Division, 401 M Street, S.W. (6604J), Washington, DC 20460  
(202) 233-9370  
Indoor Air Quality Information Clearinghouse  
(800) 438-4318  
Internet: <http://www.epa.gov/iaq>

Special thanks to members of and consultants to the NAEPP School Asthma Education Subcommittee, representing the following organizations, for their contributions in developing this document: Allergy and Asthma Network/Mothers of Asthmatics, Inc.; American Academy of Allergy, Asthma, and Immunology; American Academy of Pediatrics; American Alliance for Health, Physical Education, Recreation, and Dance; American Association for Respiratory Care; American Lung Association; American Medical Association; American Public Health Association; American School Health Association; Asthma and Allergy Foundation of America; Centers for Disease Control and Prevention; Healthy Kids: The Key to Basics; National Association of Elementary School Principals; National Association of School Nurses; National Education Association Health Information Network; National Institute of Environmental Health Sciences; National School Boards Association; and the U.S. Environmental Protection Agency.