

# MANAGING ASTHMA

## ***A Resource Guide for Pre-Schools and Child Care Programs in Ohio***



Department  
of Health



**ASTHMA  
PROGRAM**



Dear Colleagues:

The **Ohio Department of Health Asthma Program** is very excited to present pre-schools and child care providers with an updated version of the *Managing Asthma, A Resource Guide for Pre-Schools and Child Care Programs in Ohio*. This guide was developed to be an asthma management resource for those working in pre-school and child care environments.

Effective asthma management is critical for the well-being of children living with asthma. By providing you with this resource, we are recommending that you support and take an active role in asthma management for children in your programs.

We at the Asthma Program sincerely hope this resource guide will provide you with the information and guidance needed to ensure children living with asthma can lead healthy, active lives.

Sincerely,

Ohio Department of Health Asthma Program



## **Acknowledgements**

The Ohio Department of Health (ODH) extends a sincere thank you to the many individuals who helped the ODH Asthma Program create the original **Managing Asthma** resource guide as well as this revised edition. This guide has been updated from an earlier version with support from these agencies:

- ❖ Ohio Department of Job and Family Services
- ❖ Ohio Department of Education
- ❖ Ohio Department of Developmental Disabilities

This guide has been adapted from the following excellent asthma resources:

- WEE Breathers curriculum, developed by the Asthma and Allergy Foundation of America (AAFA)
- Managing Asthma in Connecticut Schools – A Resource Manual, developed by the State of Connecticut Department of Public Health



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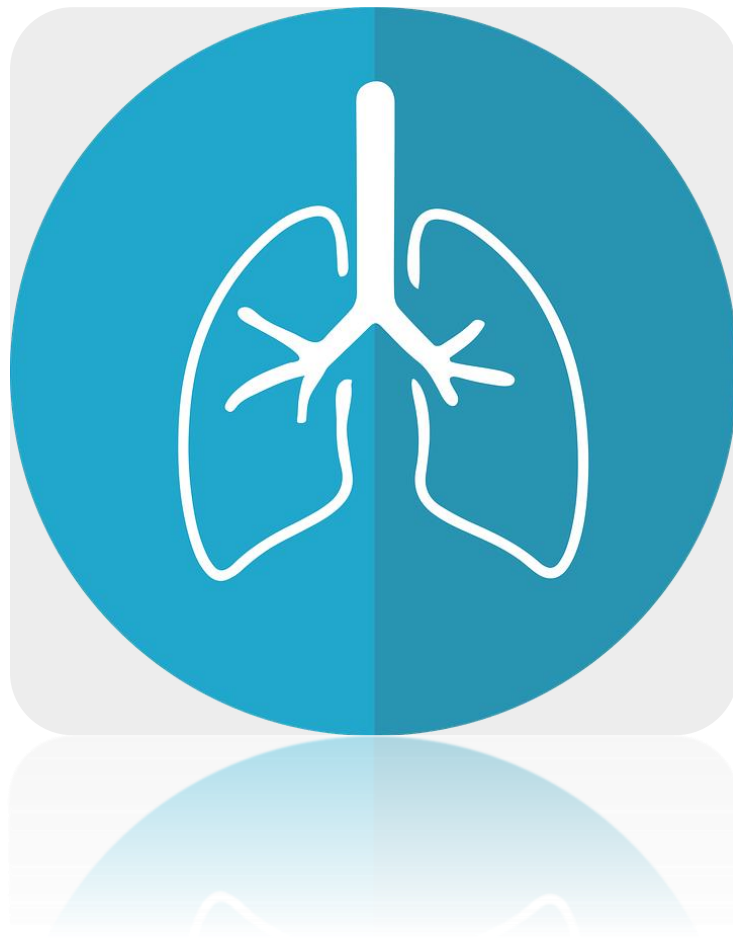
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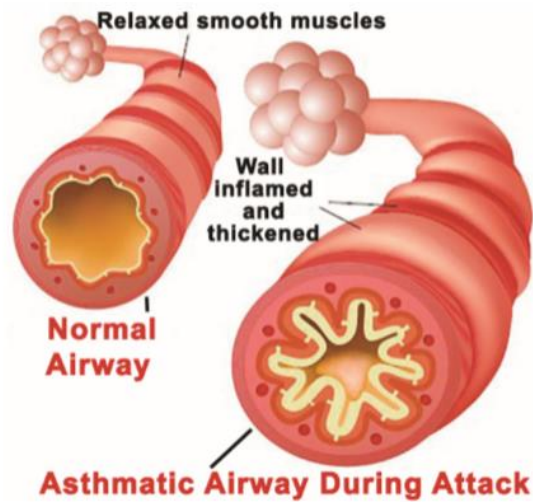
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# **ASTHMA BASICS**



# What is Asthma?



Asthma is the most common chronic (long-term) illness among children.

It is a disease of the lungs in which three main things happen:

1. Airways swell
2. Muscles tighten and make airways smaller
3. More mucous is produced

These three things can cause the following symptoms: Shortness of breath, wheezing, coughing, and chest tightness.

## What causes asthma?

- Nobody knows what causes asthma, but it can be made worse by lung infections, food allergies, emotions, and environmental factors. These are called "triggers."



## **Why do I need to know about Asthma?**

- Parents, health care providers, and preschools/child care providers are all partners who can help a child have fewer asthma attacks and keep children with asthma safe.
- Asthma affects each child differently.
- Each child has different triggers.
- Most children's asthma attacks are triggered by ordinary things around them.
- Knowledge about asthma can make your job easier when caring for children with asthma.
- Children with asthma should be able to play, run, and participate in all activities when asthma is well managed. The goal is to manage a child's asthma so they can participate in these activities.

## **What Can I do to Help Children with Asthma in my Care?**

Managing asthma in the pre-school or child care setting takes teamwork. Staff should work with the child's family, caregivers, and healthcare providers to follow the child's specific Asthma Action Plan (AAP). The AAP gives details about the child, asthma medicine(s), known triggers, and guidance for an asthma attack. Each child with asthma should have an AAP and it should be easy for all staff to access.



## **Asthma Triggers**

**All staff should be educated about asthma triggers and how to avoid them.**

*Triggers* are activities, conditions, or substances that cause the airways to react and asthma symptoms to occur.

Not all children have the same triggers. You need to know what potential triggers are present in your pre-school/child care facility and take immediate action to reduce exposure to them. Clearing triggers from your facility can decrease asthma attacks.

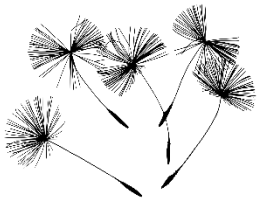
There are two common types of asthma triggers: **Allergens** and **Irritants**.

### **ALLERGENS**

**Allergens** affect the immune system which causes an allergic reaction and asthma symptoms.

Common types of allergens are:

- ❖ Pollen – High pollen counts in the fall and spring seasons can trigger asthma. When pollen counts are high:



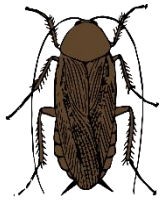
- ✓ Pay attention to air quality alerts on the news and/or recommended apps and websites for air quality information on the last two pages of this guide
- ✓ Keep child indoors
- ✓ Keep windows and doors closed
- ✓ Use an air conditioner with a HEPA filter (be sure to clean filters regularly)

- ❖ Dust Mites – Bugs that are too small to see. They are found in dust, carpets, and fabrics. They live in pillows, sheets, clothes, stuffed animals, etc. To reduce dust mites:

- ✓ Protect mattresses and pillows with dust-proof covers
- ✓ Remove stuffed animals and upholstered furniture

- ✓ Wash blankets and stuffed animals frequently
- ✓ Do not let children lay on the floor or carpet with face exposed to the floor
- ✓ Vacuum frequently (when children are not present)
- ✓ Vacuum slowly to remove dirt and dust from carpet

❖ Pests/Cockroaches – Rodents, cockroaches, and other pests can trigger asthma attacks. To reduce pests:



- ✓ Do not leave food or garbage out and uncovered
- ✓ Store food in airtight containers
- ✓ Restrict food to one or two areas
- ✓ Keep trash lids on tightly
- ✓ Keep food and trash areas clean
- ✓ If you rent, contact landlord or property manager to treat

❖ Pets – The dander, urine and saliva from pets can cause asthma attacks. Dander can become airborne and settle on children's furniture



- ✓ It is best not to have furry or feathered pets at home or in the classroom
- ✓ Keep pets out of child's bedroom and off the bed
- ✓ Keep child's bedroom door closed so pets can't get in

❖ Mold – Mold grows in warm, dark, and damp places so moisture control is key in reducing mold growth. To reduce mold growth:

- ✓ Wash mold off hard surfaces with detergent and water and allow to dry completely or use a "green" cleaner such as: baking soda, borax, or white vinegar (green cleaning resources on the last two pages of this resource guide)
- ✓ Fix leaky plumbing quickly
- ✓ Keep drip pans in air conditioners/refrigerators clean and dry

- ❖ Food – Some people are allergic to certain foods. Food allergies can trigger an asthma attack. Avoidance is the best prevention for a food allergy trigger.

Some common food allergens are:

- ✓ Eggs
- ✓ Soy
- ✓ Peanuts
- ✓ Fish
- ✓ Milk
- ✓ Nuts
- ✓ Shellfish
- ✓ Wheat



## IRRITANTS

**Irritants** make asthma worse by irritating airways and causing asthma symptoms. They do not typically cause allergic reactions.

Common types of irritants are:

- ❖ Pollution – Poor outdoor air quality, particularly on hot summer days when ozone pollution is high, can cause asthma attacks



- ✓ Watch for air quality alerts in the summer (tv, radio, phone apps)
- ✓ Limit outdoor activity on poor air quality days
- ✓ Keep windows closed
- ✓ Use an air conditioner (filters should be cleaned regularly)

- ❖ Weather – Heat, humidity, cold, rain/storms, and sudden weather changes can all trigger asthma attacks



- ✓ Track weather with email alerts, apps, websites, etc. such as: AirNow.gov, accuweather.com, and Pollen.com

- ✓ Cover child's nose and mouth with a scarf if outside in cold weather
- ✓ Use air-conditioners and stay indoors in hot/humid weather

❖ Pulmonary infections – Colds, the flu, and bronchitis can all be asthma triggers



- ✓ Wash hands regularly and thoroughly
- ✓ Cough and sneeze into your sleeve
- ✓ Avoid people who are sick
- ✓ Encourage staff to get a yearly flu shot
- ✓ Ask parents/caregivers to keep children home when they are sick or have a fever

❖ Smoke from cigarettes, cigars, vaping, gas stoves, wood burning fireplaces, etc. can trigger an asthma attack



- ✓ Provide a smoke-free environment for children
- ✓ Do not smoke in the home, in the car, in the child care center, or anywhere around a child
- ✓ Smoke on clothes - change clothes when you have been in a smoky environment
- ✓ Do not allow staff or families to smoke on premises
- ✓ If staff members smoke, ask them to change into clean clothes at work

❖ Physical activity – Asthma symptoms can get worse when children are running and playing

- ✓ Avoid too much physical activity in extreme temperatures (hot and cold)
- ✓ Limit outdoor activity when the pollen count and pollution are high
- ✓ Avoid overexertion
- ✓ Determine center's protocol regarding quick relief medications for children whose asthma action plan indicates use before and after activities.

- ❖ Strong smells – Cleaning products, perfume, aerosol sprays, air fresheners, paint, essential oils, etc. can trigger asthma attacks. Avoid:

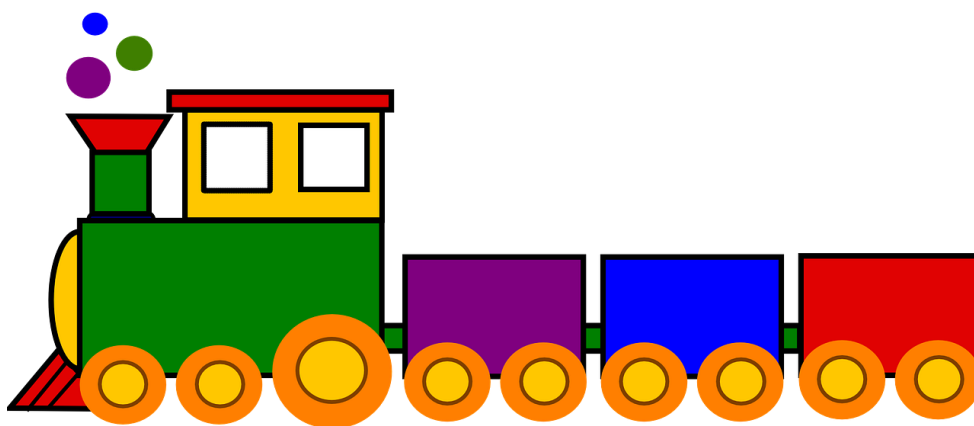


- ✓ Using perfume, powder, or hair spray
- ✓ Strong smelling cleaning products or bleach
- ✓ Spraying air fresheners, etc.
- ✓ Painting when children are present

- ❖ Emotions – Fear, anger, frustration, crying or even laughing can be a trigger



- ✓ Help child relax by taking deep breaths
- ✓ Find a quiet activity that the child enjoys, such as coloring, reading, or playing with dolls or blocks
- ✓ Follow the child's AAP (Asthma Action Plan)





# EARLY SIGNALS OF AN ASTHMA EPISODE

All staff should be trained to recognize asthma signs and symptoms. A child may exhibit one or more of the following during an asthma episode.



## EARLY SIGNS

- Changes in breathing
- Coughing
- Chest tightness
- Throat tightness
- Breathing through the mouth
- Wheezing
- Shortness of breath
- Rapid breathing
- Speaking in short, choppy sentences

## VERBAL COMPLAINTS

- "My chest is tight"
- "My chest hurts"
- "I can't catch my breath"
- "My mouth is dry"
- "My neck feels funny"
- "My neck itches"
- "My chin itches"





# FOOD ALLERGIES

Food allergies can trigger an asthma attack  
(this list is not all inclusive)



**EGGS**



**MILK**



**SOY**



**TREE NUTS  
(WALNUTS,  
PECANS,  
CASHEWS)**



**WHEAT**



**PEANUTS**



**FISH/  
SHELLFISH**

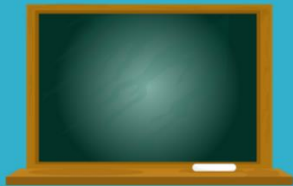


**SESAME  
SEEDS**



# ASTHMA TRIGGERS

In the Child Care Environment



Chalk Dust



Physical Activity



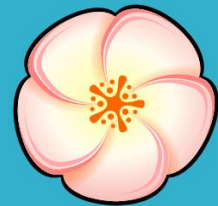
Food Allergies



Upper Respiratory Infections: Cold, Flu etc.



Smoke - tobacco, wood burning fireplace, gas stove, car exhaust



Pollen, Outdoor Air Pollution



Animals (Dander, Fur Feathers etc.)



Cleaning Agents, Perfumes, Air Fresheners



Emotions/Stress



Cut Grass, Trees, Plants and Flowers



Pests: Rodents, Cockroaches etc.



Mold/Moisture



# MANAGING ASTHMA



## **The Asthma Action Plan**

If you care for a child with asthma, you should know what to do in case of an asthma attack or emergency.

- ❖ Obtain and maintain an Asthma Action Plan (AAP) for each child with asthma.
- ❖ Talk with the child's parents about triggers, medicine, and early symptoms of an asthma attack.
- ❖ Know what to do in case of an emergency.
- ❖ Follow your center's protocol regarding medication authorization documentation and the child's AAP.

### **The Asthma Action Plan:**

- ❖ Is developed by the child's healthcare provider and the family.
- ❖ Clearly shows steps to take if the child has asthma symptoms.
  - ✓ Tells what medications to give for different situations
  - ✓ Tells what triggers to avoid
- ❖ Provides guidance to help manage the child's asthma.
  - ✓ Make sure family, healthcare provider and child care facility all have a copy of the same asthma action plan with the same information and instructions.
  - ✓ The Asthma Action Plan should be kept in a file that is easy to get to.
  - ✓ Should be reviewed with the family so everyone has the same understanding.
  - ✓ Should have three zones, like a traffic light: **GREEN**, **YELLOW**, and **RED**.
  - ✓ Be sure to take a copy of the Asthma Action Plan on field trips.
- ❖ Can be used to enhance child's Medical/Physical Care Plan (for JFS licensed programs).

**The Asthma Action Plan describes the asthma symptoms that match each zone: *GREEN, YELLOW, and RED.***

### **GREEN ZONE - GOOD CONTROL!** *Maintain Therapy*

If the child's breathing is good, everything is OK. He/she can keep playing, laughing, and doing other activities. Use daily controller medicine as usual.

When in the green zone, the child:

- Has no trouble breathing
- Has no cough
- Has no tight chest
- Sleeps Well
- Plays

### **YELLOW ZONE - CAUTION - BE CAREFUL!** *Step Up Therapy*

The child starts having asthma symptoms - **FOLLOW THE ASTHMA ACTION PLAN!** If the child has some of these symptoms:

- Cough
- Tight Chest
- Wakes up at Night
- Problems Playing

Then, the Asthma Action Plan May Say:

- Give more asthma medication
- Change the child's activity level
- Call the child's family immediately

### **RED ZONE - GET HELP!**

The child is having extreme difficulty breathing - **THIS IS AN EMERGENCY!**

The signs of asthma emergency are:

- Trouble breathing
- Trouble talking or talking in short, choppy sentences
- Child stops all play
- Complains of chest hurting
- Lips and nails turn gray or blue

**When any of these signs occur: Get help immediately and call EMS (911)!**

# **Asthma Action Plan**

**(To be completed by a healthcare provider)**




Asthma Action Plan			
<b>GO</b> <b>MAINTAIN THERAPY</b> <b>DOING WELL</b> <ul style="list-style-type: none"> <li>• No trouble breathing</li> <li>• No cough</li> <li>• No tight chest</li> <li>• Sleeps well</li> <li>• Works and plays</li> </ul>	<b>Daily Medicine</b>		
	Medicine Name	How Much	How Often
<b>CAUTION</b> <b>STEP UP THERAPY</b> <b>GETTING WORSE</b> <ul style="list-style-type: none"> <li>• Cough</li> <li>• Tight chest</li> <li>• Wake up at night</li> <li>• Problems working or playing</li> </ul> <p>If not feeling better in 1 day, call your doctor or go to the clinic.</p>	<b>Take Your Rescue Medicine &amp; Daily Medicine</b>		
	Medicine Name	How Much	How Often
<b>STOP</b> <b>GET HELP</b> <b>DANGER SIGNS</b> <ul style="list-style-type: none"> <li>• Trouble breathing</li> <li>• Trouble talking</li> <li>• Stop all work or play</li> <li>• Chest tight</li> <li>• Lips and nails gray or blue</li> </ul>	<b>Emergency Action</b>		
	Take _____ rescue medicine _____ puffs <small>Name of Medicine</small> <small>Number of Puffs</small> every _____ minutes then <b>Call 911 or EMS.</b>		

To download a copy of the asthma action plan, go to our ODH Asthma Program website.



# **Asthma Reference Pocket Guide**

**Asthma Pocket Size Reference Guide:** The Ohio Department of Health Asthma Program designed a pocket size asthma care guide based on NHLBI – EPR-3 guidelines. The guide contains asthma facts, emergency contact numbers, medications, as well an Asthma Action Plan for the health provider to complete with electronically fillable spaces. The credit card size fits easily in a wallet for the patient with asthma.

<p><b>What is an asthma trigger?</b></p> <p>People with asthma have sensitive airways. Triggers are things in both inside and outside air that irritate sensitive airways and can cause an asthma attack.</p> <p><b>My Triggers are:</b></p> <div style="border: 1px solid black; height: 100px; width: 100%;"></div>	<p><b>Office visit checklist</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> A list of ALL the medicine you take.</li> <li><input type="checkbox"/> Your daily asthma diary, if you have one.</li> <li><input type="checkbox"/> A list of problems or questions you have about your asthma symptoms, medicine or side effects.</li> <li><input type="checkbox"/> Let your healthcare provider know if you have trouble paying for your medicine or office visits.</li> <li><input type="checkbox"/> If you need an interpreter let them know when you schedule your appointment.</li> </ul>	<p><b>Contact phone numbers</b></p> <p><b>Doctor</b>          Name: <input type="text"/>          Phone: <input type="text"/>              - Day <input type="text"/>              - Night &amp; Weekend <input type="text"/></p> <p><b>Pharmacy</b>          Name: <input type="text"/>          Address: <input type="text"/>          Phone: <input type="text"/></p> <p><b>Clinic</b>          Name: <input type="text"/>          Hours Open: <input type="text"/>          Phone: <input type="text"/></p>	<div style="text-align: right;">  </div> <div style="background-color: #0072bc; color: white; padding: 10px; text-align: center;">  <p><b>Asthma Program</b></p> <p>Reference Guide</p> </div> 
<p><b>What is asthma?</b></p> <ul style="list-style-type: none"> <li>• Asthma is a chronic (long-term) disease that swells and narrows the airways in your lungs. You have asthma even when you have no symptoms. You can treat asthma and live a normal life.</li> </ul>  <p style="text-align: center;"><b>Normal Airway</b>      <b>Asthmatic Airway During Attack</b></p>	<p><b>Is your asthma under control?</b></p> <p><b>Do you?</b></p> <ul style="list-style-type: none"> <li>• Use your rescue inhaler more than two times a week?</li> <li>• Wake up at night coughing more than two times a month?</li> <li>• Need more than two rescue inhalers a year?</li> </ul> <p>Your asthma is <b>NOT UNDER CONTROL</b> if you answered YES to any of the above questions. Tell your healthcare provider about your YES answers.</p>	<p><b>Asthma is an emergency if you have:</b></p> <ul style="list-style-type: none"> <li>• Trouble breathing.</li> <li>• Been struggling to take a breath and are hunched over.</li> <li>• Your chest and neck muscles pull in with a breath.</li> <li>• Trouble walking or talking.</li> <li>• Asthma symptoms that do not go away 15 to 20 minutes after using a rescue inhaler.</li> <li>• To stop activity to rest.</li> <li>• Blue or gray lips or nails <b>call 911.</b></li> </ul> <p style="text-align: right; font-size: small;">Rev. 11/2017</p>	<p><b>Asthma medicine daily medicine:</b></p> <p><b>Long-term controller medicine</b>          (QVAR Symbicort Flovent Advair Dulera)</p> <ul style="list-style-type: none"> <li>• Medicine you take every day, even when you feel good.</li> <li>• Takes a week or more to work.</li> <li>• Makes your airways less swollen.</li> <li>• Does not work fast.</li> <li>• It is not for asthma attacks.</li> </ul> <p><b>Rescue inhaler</b>          (Ventolin ProAir Proventil Xopenex)</p> <ul style="list-style-type: none"> <li>• Medicine you take for an asthma attack.</li> <li>• Relieves symptoms in minutes.</li> <li>• Relaxes muscles around the airways so they can open up.</li> <li>• Tell your healthcare provider if you use a rescue inhaler more than twice a week.</li> </ul>

To download a copy of the reference guide, go to our ODH Asthma Program website.

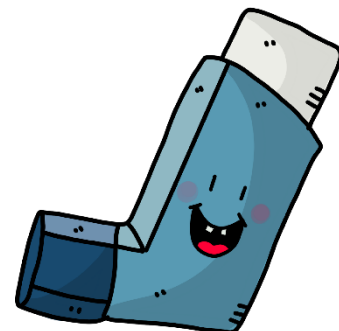
# **Asthma Medications**

## **There are two main types of asthma medicines:**

- ❖ **Controller Medicines** - Long acting medicine that **prevents** symptoms of asthma (typically do not relieve the symptoms). Must be used every day even if the child does not have any symptoms that day. Taking controller medicine as prescribed can:
  - ✓ Reduce/prevent airways and bronchial tubes from swelling
  - ✓ Reduce mucus in bronchial tubes
  - ✓ Prevent muscles from tightening around bronchial tubes
  - ✓ Make airways less sensitive
- ❖ **Rescue Medicines (Quick Relief)** - Fast acting medicine used for an asthma attack.
  - ✓ Everyone with asthma should have Quick Relief (Rescue) Medicine close by always
  - ✓ Relieves acute asthma symptoms quickly
  - ✓ Relaxes muscles around bronchial tubes

## **Asthma Medicine usually comes in the following forms:**

- ❖ **Liquid** - to be used in a nebulizer machine (nebulizer delivers medicine in a mist form - uses tubing and mask or pipe).
- ❖ **Inhaler** - device used to breathe in a short burst of medicine when pressed (uses a spacer). Two types of inhaler devices are:
  - ✓ Dry Powder Inhaler (DPI)
  - ✓ Metered-Dose Inhaler (MDI) - often called a puffer





## **Managing Asthma in Pre-Schools and Child Care Programs**

### **If a child has any one of these signs:**

- Cough when the child has no cold
- Mild wheeze
- Complains of a tight chest
- Unexplained irritability (if too young to talk)
- First signs of a cold

Then:

1. Stop, sit and calm the child.
2. Follow the child's Asthma Action Plan or individual physician plan.
3. If no improvements after 15-20 minutes, call parents.

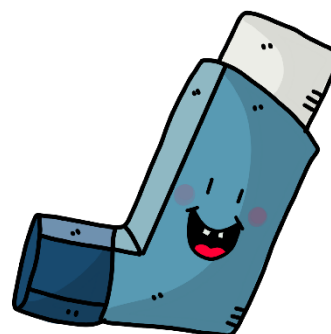
### **If the symptoms progress to a child having any one of these signs:**

- Breathing hard and fast
- Nostrils flared
- Ribs show while breathing
- Difficulty talking
- Lips or fingernails turn gray or blue

Then:

1. Call **EMS (911)** and notify parent/emergency contact.
2. Follow emergency instructions on the Asthma Action Plan or individual physician plan.

*Note: Programs that administer medications to children must comply with the State of Ohio Child Care Regulations on the Administration of Medication.*





# INFORMATION FOR FAMILIES



## **Tips for Families who have Children with Asthma**

- ❖ Tell the pre-school/child care provider that your child has asthma.
- ❖ Find out if pre-school/child care provider gives medicine.
- ❖ Complete proper forms.
- ❖ Tell the child care provider:
  - ✓ What triggers your child's asthma?
  - ✓ If your child is taking any medicine.
  - ✓ The symptoms your child usually has before an attack.
- ❖ Asthma Action Plans:
  - ✓ Give a copy of your child's Asthma Action Plan to the pre-school or child care provider.
  - ✓ If your child does not have an Asthma Action Plan, please talk to your healthcare provider.
  - ✓ The Asthma Action Plan has steps to take care of a child with asthma.
  - ✓ Go over the Asthma Action Plan with the child care provider.
  - ✓ Discuss the steps to take if your child has an asthma attack.
- ❖ Medicine:
  - ✓ Give the medicine for your child to the pre-school/child care provider.
  - ✓ Each medicine must be in a separate bottle with the pharmacy labels.
  - ✓ Labels should show:
    - Name of the child
    - Name of the healthcare provider
    - Name of the medicine
    - Dose
    - Instructions
    - Issue date and expiration date

- ❖ Give the Medication Authorization Form to your pre-school/child care provider.
- ❖ Talk to the pre-school/child care provider about your child's asthma often.
- ❖ Make sure the contact information you give the pre-school/child care provider is current.
- ❖ Make sure you know how to properly give the medicine to the child.

### **How do I know if my child should go to pre-school/child care today?**

#### Child can go to pre-school/child care if:



- ✓ Child has a stuffy nose but no wheezing.
- ✓ Child has wheezing which goes away after taking medications.
- ✓ Child can perform usual activities (such as getting dressed or eating) without using extra effort to breathe.

#### Your child should not go to pre-school/child care if:



- ✓ Wheezing or coughing continues after taking medicine.
- ✓ Child has trouble breathing or is breathing fast.
- ✓ Child has a fever over 100 degrees.
- ✓ Child is too weak or tired to take part in normal activities such as getting dressed or eating.

**Children with well managed asthma can do everything other children can do.**

## **FAMILY CHILD CARE: Special Concerns**

When children are cared for in “family child care” settings, they are exposed to things that are part of daily life in that home. Some of these things may be triggers for children with asthma. Parents and providers need to have honest discussions about these issues, which may involve sensitive matters. For example:

- ❖ Members of the provider’s family may smoke cigarettes in the home or use strong smelling perfumes or lotions.
- ❖ The family may have pets to which a child is allergic.
- ❖ The home may have a wood stove, fireplace, or space heater that triggers a child with asthma.
- ❖ Home furnishings are likely to include upholstered furniture that contains dust mites.
- ❖ Home repairs may produce fumes or strong odors.

The habits and activities of a child care provider’s family may need to be adjusted to provide a healthy environment for all children who spend time in the home. Parents of children with asthma need to find out whether asthma triggers are present. In some circumstances, they may even need to make other child care arrangements.

### **For more Information**

Asthma and Allergy Foundation of America  
[www.aafa.org](http://www.aafa.org) or [asmaalergia.org](http://asmaalergia.org) (Spanish)

Guidelines for the Diagnosis and Management of Asthma (EPR-3)  
[www.nhlbi.nih.gov/guidelines/asthma](http://www.nhlbi.nih.gov/guidelines/asthma)

Asthma Care Quick Reference: Diagnosing and Managing Asthma  
[www.nhlbi.nih.gov/guidelines/asthma/asthma-qrg.pdf](http://www.nhlbi.nih.gov/guidelines/asthma/asthma-qrg.pdf)  
[www.nhlbi.nih.gov/health/public/lung/asthma/asthma\\_tipsheets.pdf](http://www.nhlbi.nih.gov/health/public/lung/asthma/asthma_tipsheets.pdf)

Centers for Disease Control and Prevention  
[www.cdc.gov/asthma/inhaler\\_video/](http://www.cdc.gov/asthma/inhaler_video/) (English and Spanish)

American Academy of Allergy Asthma & Immunology  
[www.aaaai.org/conditions-and-treatments/treatments/drug-guide.aspx](http://www.aaaai.org/conditions-and-treatments/treatments/drug-guide.aspx)



## Daily Asthma/Allergy Communication Family to the Child Care Provider

Child's Name \_\_\_\_\_ Date \_\_\_\_\_

Where I can be reached today: \_\_\_\_\_

### Child's Current Physical – Emotional Status (Check or circle those that apply)

- |   |  |  |
|---|--|--|
| <input type="checkbox"/> Tired              | <input type="checkbox"/> Restless/fussy            | <input type="checkbox"/> Hyperactive/agitated  |
| <input type="checkbox"/> Increased appetite | <input type="checkbox"/> Trouble feeding (sucking) | <input type="checkbox"/> Needs extra attention |
| <input type="checkbox"/> Decreased appetite | <input type="checkbox"/> Other: _____              |  |

### Current Symptoms (Check or circle those that apply)

- |                                     |   |  |
|-------------------------------------|---|--|
| <input type="checkbox"/> Coughing   | <input type="checkbox"/> Wheezing       | <input type="checkbox"/> Upset stomach |
| <input type="checkbox"/> Runny nose | <input type="checkbox"/> Congestion     | <input type="checkbox"/> Nausea        |
| <input type="checkbox"/> Sneezing   | <input type="checkbox"/> Itching: _____ | <input type="checkbox"/> Other: _____  |

### Factors that may have triggered these symptoms:

- |  |  |
|--|--|
| <input type="checkbox"/> Physical activity | <input type="checkbox"/> Exposure to _____ |
| <input type="checkbox"/> Insect sting      | <input type="checkbox"/> Other: _____      |

### Medications:

Asthma/Allergy medications given **at home** (during last 24 hours)

What \_\_\_\_\_ How Much \_\_\_\_\_ When \_\_\_\_\_  
 \_\_\_\_\_

### Instructions for Child Care Provider

In **addition** to the **normal daily** medications, please give the following:

What \_\_\_\_\_ How Much \_\_\_\_\_ When \_\_\_\_\_  
 \_\_\_\_\_

Last peak flow reading: \_\_\_\_\_ Please check peak flow at: \_\_\_\_\_

Other information: \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

### Activity level for today:

- ☐ Normal activity (running and active play)  
☐ Outdoor activity with no running  
☐ Quiet indoor activity only

### REMINDER

*All medication administered requires an  
 order from an authorized prescriber in  
 addition to parental permission*

**Note:** This form is provided as a tool to facilitate daily communications between parents/guardians and child care providers. Please refer to the child's Asthma Action Plan for the routine plan of care.

*Produced by the Pediatric/Adult Asthma Coalition of New Jersey • Funded by the Aetna Foundation • Adapted from the Connecticut Department of Public Health and the Asthma & Allergy Essentials for Child Care Providers, Asthma and Allergy Foundation of America (AAFA).*

Information in this publication is not intended to diagnose health problems or take the place of medical advice. For asthma or any medical condition, seek medical advice from your child's or your health care professional.

Although this project has been funded wholly or in part by the United States Environmental Protection Agency under Agreement CH97268901-0 to the American Lung Association of New Jersey, it has not gone through the Agency's publications review process and therefore, may not necessarily reflect the views of the Agency and no official endorsement should be inferred. PANCJ, sponsored by the American Lung Association of New Jersey, is supported by a grant from the New Jersey Department of Health and Senior Services, with funds provided by the U.S. Centers for Disease Control and Prevention under Cooperative Agreement 1U59/EH000206-1. The contents of this project are solely the responsibility of the authors and do not necessarily represent the official views of the New Jersey Department of Health and Senior Services or the U.S. Centers for Disease Control and Prevention.







## Daily Asthma/Allergy Communication Child Care Provider to the Family

Child's Name \_\_\_\_\_ Date \_\_\_\_\_

### Child's Current Physical – Emotional Status (Check or circle those that apply)

- |   |  |  |
|---|--|--|
| <input type="checkbox"/> Tired              | <input type="checkbox"/> Restless/fussy            | <input type="checkbox"/> Hyperactive/agitated  |
| <input type="checkbox"/> Increased appetite | <input type="checkbox"/> Trouble feeding (sucking) | <input type="checkbox"/> Needs extra attention |
| <input type="checkbox"/> Decreased appetite | <input type="checkbox"/> Other: _____              |  |

### Current Symptoms (Check or circle those that apply)

- |                                     |   |  |
|-------------------------------------|---|--|
| <input type="checkbox"/> Coughing   | <input type="checkbox"/> Wheezing       | <input type="checkbox"/> Upset stomach |
| <input type="checkbox"/> Runny nose | <input type="checkbox"/> Congestion     | <input type="checkbox"/> Nausea        |
| <input type="checkbox"/> Sneezing   | <input type="checkbox"/> Itching: _____ | <input type="checkbox"/> Other: _____  |

### Factors that may have triggered these symptoms:

- |  |  |
|--|--|
| <input type="checkbox"/> Physical activity | <input type="checkbox"/> Exposure to _____ |
| <input type="checkbox"/> Insect sting      | <input type="checkbox"/> Other: _____      |

### Information for Parent/Guardian

In **addition** to the **normal daily** medications, the following were given to your child today:

What \_\_\_\_\_ How Much \_\_\_\_\_ When \_\_\_\_\_  
\_\_\_\_\_

Peak flow readings today were: \_\_\_\_\_

Other information:

\_\_\_\_\_  
\_\_\_\_\_

### Activity level for today:

- |  |   |
|--|---|
| <input type="checkbox"/> Normal activity (running and active play) | <input type="checkbox"/> Quiet indoor activity only |
| <input type="checkbox"/> Outdoor activity with no running          |   |

**Note:** This form is provided as a tool to facilitate daily communications between parents/guardians and child care providers. Please refer to the child's Asthma Action Plan for the routine plan of care.

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## **Training Opportunities for Child Care Providers**

### **Little Lungs, Big Deal (LLBD)**

Program developed by the Ohio Department of Health Asthma Program to teach pre-schools/child care providers and families how to manage asthma in children under age 6. Education sessions are provided on the following asthma topics:

- Asthma Basics
- Asthma Symptoms and Medications
- Asthma Action Plans
- Asthma Triggers
- Managing Asthma in the Child Care Program and Pre-schools
- Communicating with Families of Children with Asthma

For more information contact us by visiting our The Ohio Department of Health Asthma Program's website.

### **Asthma Basics for Children (ABC)**

Program developed by the Asthma and Allergy Foundation of America to teach pre-schools/child care providers and families how to manage asthma in children under age 6. Education sessions are provided on the following asthma topics:

- What is Asthma
- Asthma Symptoms and Medications
- Talking to your Healthcare Provider About Asthma
- Asthma Action Plans
- Asthma Triggers
- Asthma in the Child Care Program
- Communicating with Families of children with asthma
- Asthma Empowerment

For more information contact Asthma and Allergy Foundation of America.

### **Wee Breathers:**

Program developed by the Asthma and Allergy Foundation of America to teach pre-schools/child care providers and families how to manage asthma in children under age 7. Education sessions provided on the following asthma topics:

- Asthma Basics
- Asthma Triggers
- Controlling Asthma Triggers
- Asthma Medicines
- Asthma Action Plan
- Communicating with the Asthma Team
- Asthma Management Goals

For more information contact Asthma and Allergy Foundation of America.



## **Glossary of Terms**

**Allergen** – A substance (such as pollen, mold, or food) that your body senses as dangerous and can cause an allergic reaction.

**Allergic Reaction (Allergy)** – The body's response causing someone to get sick after breathing, eating, or touching an allergen.

**Anti-inflammatory** – Medicine that reduces swelling in the airways.

**Asthma** – A chronic (long-term) lung disease that causes the airways (the tubes that carry air in and out of the lungs) to swell and produce thick mucus. This can cause asthma symptoms such as: coughing, wheezing, shortness of breath, and chest tightness.

**Asthma Action Plan (also called an Asthma Management Plan)** – Written instructions, developed with a health care provider, that helps a child manage their asthma at home or school. The Asthma Action Plan is developed specially for the child with asthma and will include what medicines to take, when to take these medicines, what to do if the medicines do not work, and when to call the health care provider or seek emergency help.

**Bronchodilator**- A medicine that opens the airways by relaxing the muscles around them. Also known as “rescue” medicine.

**Control Medications** - These medications work over the long term to reduce inflammation of the airways associated with asthma. These decrease the risk of an asthma attack.

**Dander (animal)**- Small scales shed from animal skin. It floats in the air, settles on surfaces, and can be a major part of dust in the home. This is a common allergen.

**Immune System** – The body's defense system that protects against harmful germs and infections

**Inflammation** – A response in the body that causes swelling and redness

**Inhaler (puffer, MDI, metered dose inhaler)** - A device that releases a mist of medicine that is breathed in through the mouth.

**Nebulizer** - A machine that pumps air through a liquid medicine. This makes the medicine bubble until a fine mist is formed. The mist is breathed in.

**Relief (Rescue) Medications** - Medicine that opens airways right away to provide quick relief during an asthma attack.

**Respiratory System** - Parts of the body used for breathing. This includes the nose, throat, airways and the lungs.

**Spacer (valved holding chamber)-** A chamber with a one-way valve used to deliver medication from an MDI (metered dose inhaler). The spacer makes the MDI easier to use and helps more medicine get into the airways.

**Steroid (also called corticosteroid)** - Medicine that reduces swelling and inflammation; it comes in inhaled and pill forms.

**Symptoms** - Physical changes or feelings that show a disease or condition exists. For asthma these may be coughing, wheezing, breathing difficulty or a tightness in the chest.

**Triggers** - Things that cause asthma symptoms to start or become worse. Some examples of possible asthma triggers are dust mites, mold, changes in temperature, tobacco smoke and furry pets. Triggers are different for each person.

**Wheezing** - A high pitch squeaky or whistling sound when you breathe in or out. It is caused by air moving through swollen or narrowed airways.

## **Smoke and Asthma**

Yes, there is a connection!

Smoke of any kind can be a trigger for children with asthma. Secondhand smoke from cigarettes can cause permanent airway damage and is associated with an increase in the development of asthma in pre-school aged children. Thirdhand smoke, or the residue left behind on surfaces in areas where people have smoked, is a lesser known asthma trigger as well.

### **Help Children Stay Healthy**

- ❖ Keep your home, car and child care **SMOKE FREE**.
- ❖ Teach the child to stay away from all smoke including:
  - ✓ People smoking (cigarettes, electronic cigarettes, cigars, or pipes)
  - ✓ Wood-burning fireplaces, wood stoves
  - ✓ Grills, barbecues
  - ✓ Burning trash
  - ✓ Smoke from cars, buses, etc.
  - ✓ Candles or incense
- ❖ Chemicals from smoke can remain on surfaces (thirdhand smoke) such as clothing, furniture, car seats, etc. so even smoking when children are not present is not helpful. To aid in decreasing thirdhand smoke triggers:
  - ✓ Change clothes after smoking
  - ✓ Wash hands after smoking
  - ✓ Wear towel or blanket over your clothes when you go outside to smoke and remove it when you return

**DO NOT ALLOW ANYONE TO SMOKE ANYWHERE YOUR CHILD  
LIVES, TRAVELS, OR PLAYS**

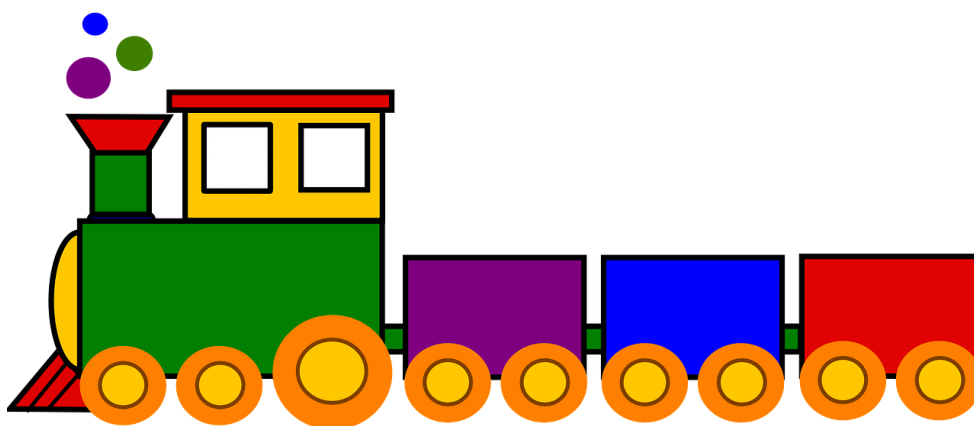
## For Help and Tips on Quitting Smoking

### Call:

- The Ohio Tobacco Quit Line: 1-800-QUIT-NOW (1-800-784-8669)
- The National Cancer Institute: 1-877-44U-QUIT (1-877-448-7848)

### Or Visit:

- [www.SmokeFree.gov](http://www.SmokeFree.gov)
- <https://ohio.quitlogix.org/en-US/>



# **How to Help Children with Asthma Stay Healthy**

## **1. Find out what triggers the child's asthma symptoms – avoid these things both at home and at child care.**

Even if a child with asthma is not having symptoms, his/her lungs are sensitive to allergens and irritants in the environment. Examples of these allergens and irritants, or triggers, include: dust mites, mold, animal dander and tobacco smoke. The more a child is exposed to triggers at home and at pre-school/child care, the more often the child will have asthma symptoms. The symptoms are also likely to be more severe and may require hospital care. It is important to find out what triggers a child's asthma. Discovering a child's triggers is mostly done by observation, but allergy testing may help.

## **2. Learn about asthma medicines and how to use them properly.**

### **❖ Controller Medicines**

- ✓ Help prevent asthma attacks by making airways less sensitive to triggers.
- ✓ Control swelling inside the airways.
- ✓ Must be taken every day (even if the child is feeling OK).

### **❖ Rescue Medicine (Quick Relief)**

- ✓ Used to relieve symptoms during an asthma attack.
- ✓ Open airways by relaxing muscles.
- ✓ Can be given by nebulizer, inhaler or injection. Work quickly but last only a few hours.
- ✓ If the child uses this medicine more than 2 times a week, talk to their healthcare provider.

## **3. Watch for early warning signs of asthma**

- ✓ Coughing
- ✓ Wheezing/squeaking while breathing
- ✓ Feeling of "tightness" in the chest
- ✓ Shortness of breath
- ✓ Itchy or scratchy throat

- ✓ Feeling dizzy or tired
- ✓ Coughing at night

4. **Know what to do if the child's asthma gets worse**

- Have an Asthma Action Plan for every child with asthma.
- Have policies and procedures in place so you can respond quickly and appropriately when a child has an asthma attack.





# Asthma-Friendly Child Care

## *A Checklist for Providers*

**A**sthma is the most common chronic childhood disease. Children with asthma have sensitive airways. They are bothered by many things that start (or “trigger”) their symptoms and make their asthma worse. The most common asthma triggers are allergies to dust mites, cockroaches, animal dander, mold, and pollens, and exposure to irritating smoke, smells, or very cold air. Children’s asthma can also be triggered by exercise or an upper respiratory infection. The airways of people who have asthma are “chronically” (almost always) inflamed (swollen) or irritated, especially if they are exposed to their triggers every day. This makes it hard for them to breathe.

Asthma can be controlled by being aware of its early warning signs and symptoms, using medicines properly to treat and prevent asthma episodes, and avoiding the things that trigger asthma problems. *Each child’s asthma is different*, so it is important to know the asthma triggers and treatment plan of each individual.

Use this checklist to learn how to make your child care setting a safe and healthy environment for children with asthma and allergies.

## Wee Breathers™

*Asthma Education for  
Families with Young Children*



Asthma and Allergy  
Foundation of America

1.800.7.ASTHMA • [www.aafa.org](http://www.aafa.org)

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for life without limits™

## Asthma-Friendly Child Care *A Checklist for Providers*

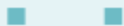
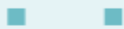
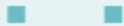
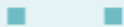
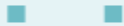
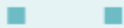
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## Asthma-Friendly Child Care *A Checklist for Providers*

Needs Improvement	Okay	
<input type="checkbox"/>	<input type="checkbox"/>	<p><i>Mold and Mildew:</i></p> <ul style="list-style-type: none"> <li>Exhaust fans are used in bathrooms, kitchens, and basement areas to help remove humidity.</li> </ul>
<input type="checkbox"/>	<input type="checkbox"/>	<ul style="list-style-type: none"> <li>Wet carpeting and padding are removed if not dry within 24 hours to prevent mold growth.</li> </ul>
<input type="checkbox"/>	<input type="checkbox"/>	<ul style="list-style-type: none"> <li>Mats placed on carpeted floors (especially in basement area) are vinyl-coated and wiped regularly with diluted chlorine bleach and water.</li> </ul>
<input type="checkbox"/>	<input type="checkbox"/>	<ul style="list-style-type: none"> <li>Mildew growth in bathroom and other damp areas (such as refrigerator drip pans) is prevented by regular wiping with diluted chlorine bleach and water.</li> </ul>
<input type="checkbox"/>	<input type="checkbox"/>	<ul style="list-style-type: none"> <li>Indoor houseplants and foam pillows, which can develop mold growth, are not used.</li> </ul>
<input type="checkbox"/>	<input type="checkbox"/>	<p><i>Outdoor Pollens and Mold Spores:</i></p> <ul style="list-style-type: none"> <li>If ventilation is adequate, windows are kept closed when pollen counts are high.</li> </ul>
<input type="checkbox"/>	<input type="checkbox"/>	<ul style="list-style-type: none"> <li>Air conditioners with clean filters are used during warm seasons, if possible.</li> </ul>
<input type="checkbox"/>	<input type="checkbox"/>	<ul style="list-style-type: none"> <li>Outdoor yard and play areas are kept clear of fallen leaves, compost piles, and cut grass.</li> </ul>
<input type="checkbox"/>	<input type="checkbox"/>	<p><i>Latex: (products made with natural rubber)</i></p> <ul style="list-style-type: none"> <li>Avoid latex gloves. If gloves are used, use only non-powdered, non-latex gloves.</li> </ul>
<input type="checkbox"/>	<input type="checkbox"/>	<ul style="list-style-type: none"> <li>Avoid latex balloons, pacifiers, koosh balls, and other latex products (if a child or staff member has latex sensitivity).</li> </ul>
<p>Ideas for improvement: _____</p> <p>_____</p>		
<p><b>Avoiding or Controlling Irritants</b></p> <p>Tobacco Smoke: (triggers asthma symptoms; causes children to have more respiratory and ear infections; and to need more asthma medication)</p>		
<input type="checkbox"/>	<input type="checkbox"/>	<ul style="list-style-type: none"> <li>Smoking is not allowed anywhere on the premises. This rule is strictly enforced.</li> </ul>
<input type="checkbox"/>	<input type="checkbox"/>	<ul style="list-style-type: none"> <li>Staff and parents are encouraged to participate in smoking cessation programs and given referrals and assistance.</li> </ul>
<input type="checkbox"/>	<input type="checkbox"/>	<p><i>Chemical Fumes, Fragrances, and other Strong Odors:</i></p> <ul style="list-style-type: none"> <li>Arts and crafts materials with fragrances or fumes are avoided (for example, markers, paints, adhesives). If they are used, extra ventilation is provided.</li> </ul>
<input type="checkbox"/>	<input type="checkbox"/>	<ul style="list-style-type: none"> <li>Staff does not wear perfume or other scented personal products. (Use "fragrance-free" products.)</li> </ul>
<div style="display: flex; justify-content: space-between; align-items: center;"> <div style="text-align: center;">  <p>Asthma and Allergy Foundation of America</p> </div> <div style="text-align: right;"> <p>1.800.7ASTHMA • <a href="http://www.aafa.org">www.aafa.org</a></p> </div> </div> <p style="text-align: center; font-size: small;">© 2013 AAFA</p>		

## Asthma-Friendly Child Care *A Checklist for Providers*

Needs  
Improvement    Okay



### *Chemical Fumes, Fragrances, and other Strong Odors: (continued)*

- Personal care products (such as hair spray, nail polish, powders) are not used around the children.
- Air fragrance sprays, incense, candles, and "air fresheners" are not used. (Open the windows and/or use exhaust fans instead.)
- New purchases (such as pressed-wood furnishings or plastic laminated products) are checked for formaldehyde fumes and aired out before installation.
- Cleaning supplies and home repair products with strong smells are not used when children are present; indoor spaces are carefully ventilated during and after their use.
- Office equipment that emits fumes (for example, photocopiers) are in vented areas away from the children.

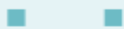
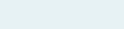
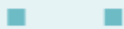
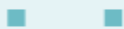
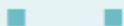
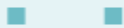
### *Other Irritants:*

- Fireplaces and wood or coal stoves are not used.

Ideas for improvement: \_\_\_\_\_

### **Policies and Practices**

#### *Asthma Management and Care*



- All staff are trained to watch for symptoms of asthma, warning signs that asthma is flaring up, and how to recognize emergency situations. New staff receive this training when hired.
- Every child with asthma has a written plan on file, listing allergies and asthma triggers, medication schedule, and emergency instructions.
- Staff is trained to administer medication, and in the use and care of nebulizers, inhalers, spacers, and peak flow meters.
- Parents and providers communicate regularly about the child's asthma status.
- Outdoor time is adjusted on poor air quality days ([www.AirNow.gov](http://www.AirNow.gov)) for cold-sensitive or pollen-sensitive children, and alternative indoor activities are offered. (After an asthma episode or viral infection, they are also more sensitive.)
- Staff and children wash hands frequently; toys and surfaces are wiped often to prevent the spread of viral infections that can trigger asthma.



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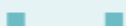
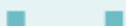
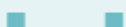
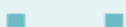
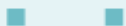
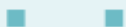
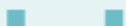
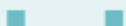
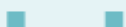
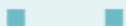
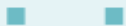
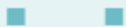
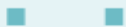
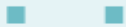
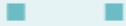
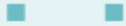
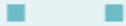
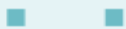
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## Asthma-Friendly Child Care *A Checklist for Providers*

Needs  
Improvement Okay



### *General Physical Site/Space:*

- Ventilation provides good air flow in all rooms and halls in every season. There is no stale or musty smell. Outdoor intake and inside supply vents are checked for blockages.
- Heating or cooling system filters are properly installed, and changed often; other service guidelines and routine maintenance procedures are followed.
- Outdoor fumes (such as from car exhaust, idling vans or buses, or nearby businesses) are prevented from entering the building through open windows or doors.
- The building is checked periodically for leaks and areas of standing water.
- School buses, delivery trucks, and cars are not allowed to idle on the premises.
- Plumbing leaks are fixed promptly.
- Humidity level is monitored, using a humidity gauge, if possible. Humidifiers are not used; dehumidifiers are used if necessary. (Dust mites and mold thrive on humidity.)
- Wet boots and clothing are removed and stored where they don't track wetness into activity space.
- Doormats are placed outside all entrances to reduce tracking in of allergens.

### *Cleaning and Maintenance:*

- If rugs or carpets must be used, they are vacuumed frequently (every day or two).
- High efficiency vacuum cleaner (ideally with a "HEPA" filter) is used. (Other vacuum cleaners blow tiny particles back into the air.)
- Dusting is done often, with a damp cloth, to avoid stirring up the dust.
- Vacuuming and other cleaning is done when children are not present.
- Integrated pest management techniques are used to limit amount of pesticide needed (for example, seal all cracks in walls, floors, and ceilings; eliminate clutter; keep food in airtight containers).
- Pesticides are applied properly, with adequate ventilation, when children are not present.
- Garbage is kept in tightly covered containers and removed promptly to outdoor enclosed trash area that is not accessible to children.
- Painting, repairs, or construction work is done when children are not present. Indoor spaces are protected from construction dust, debris, strong odors, and fumes.
- Shampooing of rugs and upholstery is done with low emission, fragrance-free products. They are dried thoroughly to prevent growth of mold and dust mites.

Ideas for improvement: \_\_\_\_\_



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# Asthma-Friendly Home

## *A Checklist for Families*

Using this checklist will help you learn about and control your asthma triggers. Following the ideas in the checklist will help make your home asthma and allergy friendly for the entire family.

This checklist gives you a list of questions, trigger details, and steps you can take to get rid of the trigger, or at least reduce contact with the most common asthma triggers.

- Start with the "Is this your trigger?" column and answer YES, NO, or NOT SURE.
- Then read what the trigger is, where it is found, and easy steps to fix it!
- When you have questions or trouble, be sure to talk with your doctor or asthma educator (for example, checking "Don't know/Not Sure" as an answer).

**For more information visit:**

Asthma and Allergy Foundation of America: [www.aafa.org](http://www.aafa.org) • 1.800.727.8462  
Centers for Disease Control and Prevention: [www.cdc.gov/asthma/triggers.html](http://www.cdc.gov/asthma/triggers.html)  
Environmental Protection Agency: [www.epa.gov/asthma/triggers.html](http://www.epa.gov/asthma/triggers.html)

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## Wee Breathers™

*Asthma Education for  
Families with Young Children*







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## Asthma-Friendly Home *A Checklist for Families*

Is This Your Trigger?	What Is This Trigger?	Where Is It Found?	How To Fix It
<p>Are asthma/allergy symptoms worse during the spring or fall?</p> <p><input type="checkbox"/> Yes</p> <p><input type="checkbox"/> spring <input type="checkbox"/> fall</p> <p><input type="checkbox"/> No</p> <p><input type="checkbox"/> Don't know/Not sure</p>	<p><b>Pollens:</b> Tiny bits of powder from trees or plants that blow around year round.</p> 	<p>Pollen is found outside most seasons, but worse in spring and fall.</p> <p><b>Spring:</b> Pollen from trees, grasses, and weeds</p> <p><b>Fall:</b> Ragweed and weeds</p>	<ul style="list-style-type: none"> <li>• Keep windows shut; use air conditioning.</li> <li>• Play inside if it's a bad pollen day.</li> <li>• Shower from head to toe before bed.</li> <li>• Take allergy medicine per doctor's orders.</li> <li>• Go to <a href="http://www.pollen.com">www.pollen.com</a> to check on pollen levels.</li> </ul>
<p>Is there clutter (lots of things laying around) in the bedroom or sleeping area?</p> <p><input type="checkbox"/> Yes</p> <p><input type="checkbox"/> No</p> <p><input type="checkbox"/> Don't know/Not sure</p>	<p><b>Dust:</b> Tiny specks of dirt or powdery stuff</p> 	<p>On the surface of things and in cloth and fabrics.</p> <p>Especially worse when there is a lot of clutter and stuff around</p>	<ul style="list-style-type: none"> <li>• Dust weekly with a damp cloth.</li> <li>• Keep rooms clutter-free.</li> <li>• Store items in closed containers, drawers, or behind cabinet doors.</li> <li>• Vacuum weekly with a HEPA filter vacuum cleaner.</li> </ul>
<p>Are there lots of fabric-covered items in the house and bedroom?</p> <p><input type="checkbox"/> Yes</p> <p><input type="checkbox"/> No</p> <p><input type="checkbox"/> Don't know/Not sure</p>	<p><b>Dust Mites:</b> Tiny bugs that you can't see with your eyes</p> 	<p>In anything made of cloth or fabric like:</p> <ul style="list-style-type: none"> <li>• Curtains/drapes</li> <li>• Wall-to-wall carpeting</li> <li>• Upholstered furniture</li> <li>• Decorative pillows and extra frilly bedspreads</li> <li>• Stuffed animals/toys</li> </ul>	<ul style="list-style-type: none"> <li>• Use allergy-proof mattress and pillow covers.</li> <li>• Wash sheets and blankets weekly in very hot water – 130°F.</li> <li>• Keep humidity less than 50% (percent).</li> <li>• Reduce fabric items. Items should be washable or easy to clean.</li> <li>• Replace carpet and fabric furniture with washable rugs and slipcovers and wash often in very hot water (130°F).</li> </ul>
<p>Is there a problem with cockroaches, rats, or mice? Do you see cockroaches, rats, or mice? Do you see droppings (poop) from the rats or mice?</p> <p><input type="checkbox"/> Yes</p> <p><input type="checkbox"/> No</p> <p><input type="checkbox"/> Don't know/Not sure</p>	<p><b>Pests:</b> Cockroaches, rats, or mice</p> 	<p>Pests live everywhere, especially in dark, damp places and behind walls, furniture, and clutter.</p>	<ul style="list-style-type: none"> <li>• Keep all food and garbage in closed and sealed containers.</li> <li>• Remove clutter like piles of paper, boxes, and bags.</li> <li>• Fix water leaks.</li> <li>• Don't leave water sitting in sinks or pots and pans.</li> <li>• Plug up cracks around windows and doors with caulk.</li> <li>• Use poison baits and traps instead of bombs and sprays.</li> </ul>







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## Asthma-Friendly Home *A Checklist for Families*

Is This Your Trigger?	What Is This Trigger?	Where Is It Found?	How To Fix It
<p>Are asthma/allergy symptoms worse when around furry or feathered animals?</p> <p><input type="checkbox"/> Yes</p> <p><input type="checkbox"/> No</p> <p><input type="checkbox"/> Don't know/Not sure</p>	<p><b>Furry or Feathered Animals and Pets:</b></p> <ul style="list-style-type: none"> <li>• Dogs</li> <li>• Cats</li> <li>• Guinea pigs</li> <li>• Hamsters</li> <li>• Birds</li> </ul> 	<p>Everywhere on any animal with fur or feathers</p>	<ul style="list-style-type: none"> <li>• Keep all animals out of the bedroom.</li> <li>• Vacuum weekly with a HEPA filter vacuum cleaner.</li> <li>• Replace carpets and fabric furniture with washable rugs and slipcovers and wash often in very hot water (130°F).</li> <li>• Wash hands and face after touching animals.</li> <li>• Consider keeping pets outdoors if possible or find the pet another loving home if it is still a problem.</li> </ul>
<p>Is there water damage, moisture, or leaks in the home? Do you have damp carpet or leaky plumbing? Can you smell mold or mildew?</p> <p><input type="checkbox"/> Yes</p> <p><input type="checkbox"/> No</p> <p><input type="checkbox"/> Don't know/Not sure</p>	<p><b>Mold and Mildew</b> Black, brown, or red spots</p> 	<p>Places that are moist and wet like:</p> <ul style="list-style-type: none"> <li>• Bathrooms</li> <li>• Laundry rooms</li> <li>• Kitchens</li> <li>• Basements</li> <li>• Outdoors in leaves, grass, and dirt</li> </ul>	<ul style="list-style-type: none"> <li>• Run fan during a bath or shower and for 20 minutes after a bath or shower.</li> <li>• Keep areas where mold grows clean and dry (like sinks, bathtubs, and garbage cans).</li> <li>• Use detergent and water or other safe product to clean, then dry the area.</li> <li>• Fix leaks quickly.</li> <li>• Use a dehumidifier.</li> <li>• Keep kids out of leaf and grass piles.</li> </ul>
<p>Is there a food allergy? Has it been diagnosed by a doctor?</p> <p><input type="checkbox"/> Yes</p> <p><input type="checkbox"/> No</p> <p><input type="checkbox"/> Don't know/Not sure</p>	<p><b>Food:</b></p> <ul style="list-style-type: none"> <li>• Milk</li> <li>• Peanuts</li> <li>• Tree Nuts</li> <li>• Eggs</li> <li>• Soy</li> <li>• Wheat</li> <li>• Fish or Shellfish</li> <li>• Other foods</li> </ul>	<p>Any food can trigger a reaction that can make asthma worse.</p> <p>Avoidance is the surest way to stop a problem from happening.</p>	<ul style="list-style-type: none"> <li>• Get a food allergy action plan from the doctor and give a copy to the school or child care center.</li> <li>• Always carry emergency medicine (epinephrine auto-injector) or if too young, be sure staff know where it is and how to use it.</li> <li>• If emergency medicine is used, follow up with the doctor right away.</li> </ul>
<p>Do asthma/allergy symptoms get worse when angry or when excited?</p> <p><input type="checkbox"/> Yes</p> <p><input type="checkbox"/> No</p> <p><input type="checkbox"/> Don't know/Not sure</p>	<p><b>Emotions</b> Muscles tighten up and breathing rate increases when emotions are strong.</p>	<p>Strong emotions like laughing hard or crying can trigger symptoms.</p> 	<ul style="list-style-type: none"> <li>• Laughing is great! But, if it is causing asthma symptoms, relaxation is needed.</li> <li>• Learn how to express emotions without yelling or anger. Breathe deeply and slowly when feeling stressed-out.</li> </ul>



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## Asthma-Friendly Home *A Checklist for Families*

Is This Your Trigger?	What Is This Trigger?	Where Is It Found?	How To Fix It
<p>Are asthma/allergy symptoms worse on hot or cold days or when around running vehicles like cars and buses?</p> <p><input type="checkbox"/> Yes  <input type="checkbox"/> No  <input type="checkbox"/> Don't know/Not sure</p>	<p><b>Extreme Weather and Air Pollution:</b> Changes in temperature and specks of dirt and chemicals in the air</p> 	<p>Indoors and outdoors any time of year</p>	<ul style="list-style-type: none"> <li>• Check air quality especially in the summer: <a href="http://www.AirNow.gov">www.AirNow.gov</a>.</li> <li>• On bad air pollution days, stay indoors, keep windows shut, and use air conditioning or fans.</li> <li>• Prepare for really cold or hot days: stay cool and indoors if you are hot and drink water and sports drinks if you are active; stay warm and cover your mouth and nose when outside in cold weather.</li> </ul>
<p>Does getting a cold or flu make asthma/allergy symptoms worse?</p> <p><input type="checkbox"/> Yes <input type="checkbox"/> No  <input type="checkbox"/> Don't know/Not sure</p> <p>Or are there other illnesses (like GERD – “heartburn”) that worsen symptoms?</p> <p><input type="checkbox"/> Yes <input type="checkbox"/> GERD  <input type="checkbox"/> No <input type="checkbox"/> Other  <input type="checkbox"/> Don't know/Not sure</p>	<p><b>Colds, Viruses, and Other Illnesses</b></p> 	<p>Colds, viruses, and flu are spread from person to person by contact with hands or objects.</p> <p>GERD causes heartburn. It is a disease that causes a burning feeling in the chest that happens when stomach acid backs up.</p>	<ul style="list-style-type: none"> <li>• Wash hands often. Use hand sanitizers when soap and water are not available.</li> <li>• Sneeze or cough into the fold of your elbow, not hands.</li> <li>• Do not share food or drinks with anyone who has a cold, flu, virus, or other illness.</li> <li>• Stay active and get plenty of sleep to boost your health.</li> <li>• Do not lay down 2 to 3 hours after eating to ease GERD symptoms.</li> <li>• Avoid foods that cause GERD symptoms.</li> </ul>
<p>Does anyone smoke in your home or car?</p> <p>Or are there other sources of smoke like fireplaces and barbecues?</p> <p><input type="checkbox"/> Yes  <input type="checkbox"/> No  <input type="checkbox"/> Don't know/Not sure</p>	<p><b>Smoke</b></p> 	<p>Smoke from any source can make asthma worse:</p> <ul style="list-style-type: none"> <li>• Cigarettes, cigars, and pipes</li> <li>• Fireplaces/firepits</li> <li>• Incense and candles</li> <li>• Barbeques or grills</li> <li>• Wood Stoves</li> <li>• Wildfires</li> <li>• Outdoor trash burning</li> <li>• Controlled field-burning</li> </ul>	<ul style="list-style-type: none"> <li>• Avoid smoke from all sources!</li> <li>• STOP smoking.</li> <li>• Talk with your doctor about ways to stop smoking, or visit <a href="http://www.smokefree.gov">www.smokefree.gov</a>, or call 1-800-Quit-Now (800-784-8669).</li> <li>• If someone must smoke, they must smoke outside your home.</li> <li>• No smoking in cars!</li> </ul>



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## Asthma-Friendly Home *A Checklist for Families*

### Is This Your Trigger?

### What Is This Trigger?

### Where Is It Found?

### How To Fix It

Does shortness of breath or feeling tired easily occur when running and playing hard?

Do asthma/allergy symptoms get worse during or after sports or gym class?

- ☐ Yes
- ☐ No
- ☐ Don't know/Not sure

#### Exercise-Induced Asthma

Symptoms get worse during or after sports, running, or playing hard.

During sports or gym class or when playing or running hard.



- Talk with your doctor about the use of quick-relief (rescue) medicine before and after activity.
- Warm up for 10 to 15 minutes before activity with jumping jacks, walking, or stretching.
- Cool down after activity for 10 minutes.
- Breathe through your nose to warm the air going into the lungs.
- If it is cold outside, cover your mouth and nose with a scarf.

Are asthma/allergy symptoms worse after using any medicines?

- ☐ Yes
- ☐ No
- ☐ Don't know/Not sure

#### Medicines



Common medicines include:

- Aspirin
- Motrin, Advil, Aleve, Naprosyn
- Beta-blockers (Corgard, Inderal, Normodyne, Pindolo, Trandate)
- ACE Inhibitors (Accupril, Aceon, Altace, Captopril, Lotensin, Monopril, Univas, Vasotec, Zestril)

- Avoid medicines that are a known trigger.
- Tell your doctor about any herbs, supplements, or vitamins you are taking.
- ACE Inhibitors can cause a chronic cough which could be mistaken for an asthma symptom.

Are asthma/allergy symptoms worse around chemicals or products with strong odors?

- ☐ Yes
- ☐ No
- ☐ Don't know/Not sure

#### Strong Smells



Any strong-smelling item might trigger an asthma flare-up.

Common ones include:

- Cleaners
- Bleach
- Pesticides
- Air Fresheners or Plug Ins
- Potpourri
- Perfume/Aftershave
- Cosmetics
- Lotions
- Paints
- Glues

- Avoid items that have strong smells.
- Switch to less toxic "free and clear" or "green" products.
- Learn how to make your own safe and "green" cleaners.
- Avoid painting or using other chemicals when a child with asthma is present and open windows and use fans.
- Use an exhaust fan or open a window when using an unvented gas or kerosene space heater or a gas stove.



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## **Resources**

The following organizations, websites, and apps are a sample of the state, national, and local resources available about asthma for pre-schools/child care programs. *This list is not all inclusive.*

### **APPS**

*Most of these applications are found both on android and iOS phones:*

**Asthma Care:** Journal/forecast tool developed by Nationwide Children's Hospital

**Asthma Track:** Journal/planning tool that can be used for multiple family members with asthma

**Asthma MD:** Journal tool that can send data directly to your physician. They make a Peak Flow Meter designed to work with the App.

**Asthma Tracker:** Journal tool that can send data directly to your physician.

**Propeller:** Sensor that clips to your inhaler to track medication usage and notifies user when medicine should be taken

**Wizdy Pets:** Asthma management game for children

**Air Matters:** Provides real-time air quality index, pollen, pollution, and weather alerts in addition to protection recommendations

### **National**

Centers for Disease Control and Prevention:  
[www.cdc.gov/asthma](http://www.cdc.gov/asthma)

Asthma and Allergy Foundation of America:  
1.800.7ASTHMA (1.800.727.8462) | [www.aafa.org](http://www.aafa.org)

Environmental Protection Agency:  
[www.epa.gov/asthma](http://www.epa.gov/asthma)

### **Ohio**

Ohio Department of Health Asthma Program:  
[www.odh.ohio.gov/wps/portal/gov/odh/know-our-programs/asthma-program](http://www.odh.ohio.gov/wps/portal/gov/odh/know-our-programs/asthma-program) | 614-644-0205 | email: [asthma@odh.ohio.gov](mailto:asthma@odh.ohio.gov)

Ohio Department of Health Early Childhood Health and Safety Program:  
[www.odh.ohio.gov/wps/portal/gov/odh/know-our-programs/Early-Childhood-Health-Safety/welcome/](http://www.odh.ohio.gov/wps/portal/gov/odh/know-our-programs/Early-Childhood-Health-Safety/welcome/) | email: [bmcfh@odh.ohio.gov](mailto:bmcfh@odh.ohio.gov)

### **Green Cleaning Information**

American Academy of Allergy, Asthma & Immunology:  
[www.aaaai.org](http://www.aaaai.org)

State of Rhode Island Department of Health:  
[www.health.ri.gov](http://www.health.ri.gov)

### **Air Quality/Weather Resources**

AccuWeather: Local, National, & Global Daily Weather Forecast:  
[www.accuweather.com](http://www.accuweather.com)

Pollen: National Allergy Forecast & Info About Allergies  
[www.pollen.com](http://www.pollen.com)

AirNow:  
[www.airnow.gov](http://www.airnow.gov)

### **Food Allergy Resources**

Kids With Food Allergies:  
[www.kidswithfoodallergies.org](http://www.kidswithfoodallergies.org)



Food Allergy Research & Education:  
[www.foodallergy.org](http://www.foodallergy.org)

AllergyHome: Your Home for All Your Allergy Needs:  
[www.allergyhome.org](http://www.allergyhome.org)

