

# OUT & ABOUT WITH ALLERGIC ASTHMA

An important part of managing allergic asthma is preparing for activities outside your home. The first step is to recognize allergic triggers and symptoms of an asthma attack. Below are some tips that apply to anyone with allergic asthma as well as some specific to children as they go off to school, camp and social events and are in other's care.

## TRAVEL

### PLAN AHEAD

- › Put together a packing list for your child to ensure you have everything they need while travelling
- › Research accommodations or hotels before visiting to see if potential triggers could be present
- › Bring your own pillows when staying at hotels
- › Bring antibacterial wipes for the airport and public places
- › Contact the airline or train to ensure a pet isn't traveling beside your child
- › Make sure to bring fresh clothes for you or your child
- › Pack dryer sheets as they work well to pick-up dust and fit nicely in luggage
- › Maintain your or your child's health and treatment plan no matter where they go
- › Before you leave home, make sure your insurance plan will cover doctor or emergency visits in other states or countries
  - › Research where hospitals and pharmacies are located everywhere you are planning to go

### KEEP IT CLEAN

- › Ask facilities or hotels for additional linens to ensure they are clean
- › Clean the areas around where you and your child will be sleeping, especially around faces and heads
- › Avoid using airplane pillows and blankets

## SCHOOL, CAMP & SOCIAL EVENTS

### CREATE AN ASTHMA ACTION PLAN

- › Include the names of your child's medications at the top of the list for easy reference
- › Before sleepovers or other social events, speak with parents of your child's friends so they are aware and prepared in the event of an asthma attack
- › At camp, see if it's possible to have medical staff onsite to administer medication as needed

### START THE YEAR WITH A CHAT

- › Schedule an asthma check-up before the school year begins to discuss a treatment routine
- › Educate those who will be spending the most time with your child—teachers and school nurse—about allergic asthma
  - › Discuss signs and sounds that can mean an asthma attack is starting
  - › Send a detailed email with your child's medical forms to school nurse and teachers

### EMPOWER YOUR CHILD

- › Teach your child to step up, be vocal and take action
- › Help them recognize signs of an asthma attack
- › Use a coloring or activity book to put a fun and creative spin on learning about allergic asthma and its triggers
- › Practice what to say to adults when your child is experiencing asthma symptoms
- › Educate your child on potential allergic triggers and where they may be hiding
- › Encourage your child to track medications with a daily journal

Even with all these tips, if you or someone you love is experiencing allergic asthma, **it's important to talk to a specialist, such as an allergist or pulmonologist, to come up with the best treatment plan.** It is also important to stay compliant with medication, which can be discussed with a specialist.