



Children's National



Asthma Management at Daycare

A Guide for Daycare Providers, Teachers, Nurses, and Parents

- i **MEDICINES:** Children with asthma should keep an inhaler and spacer at daycare or school. It is important to have a trained medicine administrator on staff and for all children to have a personalized ***Asthma Action Plan***. Having an Asthma Action Plan and emergency contact information will let everyone know what to do when a child develops asthma symptoms.
- i **COLDS:** Make sure children wash their hands often with soap and water or use hand sanitizer. Whenever possible, parents should keep sick children home so other students will not catch their cold or viral infection. A flu shot is recommended for anyone with asthma and all of his/her caregivers.
- i **DUST FREE ZONE:** Dust and chalk can trigger asthma symptoms. Use a clean, damp cloth or mop to clean all surfaces. Children with asthma should not do chores such as dusting or sweeping. All carpets and rugs should be vacuumed at least once a week with a HEPA* filter vacuum.
- i **MOLD:** Mold is a major cause of allergy and asthma symptoms. Moldy areas on surfaces can be washed with soap and water and dried completely. Do NOT use humidifiers, which can increase mold growth.
- i **STRONG SMELLS:** The smell of paint, perfumes, cleaning products, and smoke can cause asthma symptoms. Avoid the use of strong scents including air fresheners, cleaning supplies, and highly scented art supplies in the child care areas. It is best to use products labeled “low-odor”, “fragrance free”, or “perfume free”.
- i **SAFE SLEEPING ZONE:** It is nearly impossible to remove all dust from carpet, even with frequent cleaning. When children take naps, they should not sleep directly on carpet or directly on upholstered furniture. It is better to sleep on cots or covered mats. Use of carpet mats (for sitting) should also be limited.
- i **ACTIVITIES & EXERCISE:** Some students with asthma may need to use their inhaler with spacer ***before*** physical activity to prevent symptoms while exercising. If a student shows asthma symptoms, such as coughing or wheezing, he or she should not participate in strenuous activity, temporarily. Speak with the child’s healthcare provider about the need for pre-activity medication.
- i **ASTHMA EDUCATION & RESOURCES:** IMPACT DC offers resources for asthma education for young persons and school personnel. If you are interested in educational materials, please contact our Outreach Coordinator at (202) 476-3970 or IMPACT_DC@childrensnational.org. Please see the reverse side of this sheet for additional links and resources for your staff.

*HEPA filter = high efficiency particulate air filter

Additional Resources for Daycare Staff

National Asthma Education and Prevention Program

National Heart, Lung and Blood Institute
Information Center
(301) 251-1222
<http://www.nhlbi.nih.gov>

National Center for Chronic Disease

Prevention and Health Promotion
Division of Adolescent and School Health
(800) CDC-INFO
www.cdc.gov/HealthyYouth/asthma

NAEPP School Materials

<http://www.nhlbi.nih.gov/health/prof/lung/>

Asthma and Allergy Foundation of America

(800) 7-ASTHMA or (202) 466-7643
www.aafa.org

Allergy & Asthma Network

Mothers of Asthmatics

(800) 878-4403 or (703) 641-9595
www.breatherville.org

Centers for Disease Control and Prevention

National Center for Environmental Health

Division of Environmental Hazards and Health Effects
(800) CDC-INFO
www.cdc.gov/asthma

American College of Allergy, Asthma & Immunology

(800) 842-7777 or (847) 427-1200
<http://www.acaai.org>

U.S. Environmental Protection Agency

Indoor Environments Division
(202) 233-9370
www.epa.gov/iaq/schools

American Lung Association

For the affiliate nearest you, call
(800) LUNG USA
www.lungusa.org

Indoor Air Quality Information Clearinghouse

(800) 438-4318
www.epa.gov/iaq

American Association for Respiratory Care

(972) 243-2272
www.aarc.org

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