

Back to School with

ASTHMA and COVID-19

80%
in children

50%
in adults

percentage of asthma attacks that are caused by viral infections

Back to school means the return of germ swapping and a dramatic increase in serious asthma attacks known as the **September Epidemic**. Remote learning in 2020 resulted in fewer asthma hospitalizations and seasonal viruses, but to avoid catching viral infections now, keep using COVID-19 prevention tips.

Watch for COVID-19 Symptoms in Children

MOST COMMON

- Fever
- Cough
- Shortness of breath
- Sore throat

LESS COMMON

- Fatigue
- Nasal congestion
- Diarrhea
- Abdominal pain
- Vomiting
- Nausea

- Chills or shaking chills
- Muscle pain
- Headache
- New loss of taste or smell

Stay on Top of Asthma

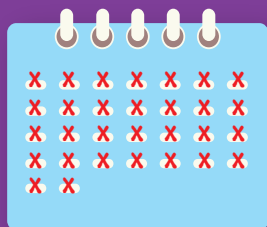
1. Follow an Asthma Action Plan.
2. Monitor breathing and peak flow rates.
3. Take asthma and allergy medications consistently, even when symptom free.
4. Minimize environmental triggers.
5. Keep medication refills on hand.
6. Keep asthma medication and peak flow meter at school.
7. Use a spacer with inhalers to help medication get into the lungs.

10 Protection Tips for COVID-19

1. Wash hands or use hand sanitizer often, especially before eating and touching the face, and after coughing, sneezing and using the restroom.
2. Don't touch your face with unwashed hands.
3. Cover your mouth with a tissue or the crook of your elbow when sneezing and coughing.
4. Ages 2 and older wear a mask indoors, in crowded settings, when you can't physically distance and if not vaccinated.
5. Follow physical distancing guidelines.
6. Replace hugs and handshakes with elbow or foot bumping, a head nod, slight bow or other no-touch greetings.
7. Keep your fingernails short and clean to keep germs at bay.
8. Stay home when you have signs of any type of infection.
9. Clean and disinfect frequently touched surfaces.
10. Get vaccinated for childhood illnesses, flu and COVID-19. COVID-19 vaccines are available for 12+ and soon for younger kids.

Asthma by the Numbers

13.8M
school days
missed annually
due to asthma



14.2M
work days
missed annually
due to asthma

25% of all children's asthma hospitalizations happen in September



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Breathing Science is Life.