

BACK TO SCHOOL

Allergy & Asthma Management Checklist



BEFORE SCHOOL STARTS

MAKE AN APPOINTMENT TO SEE YOUR CHILD'S ALLERGIST

- Be sure your child's medication is up to date and appropriate for their weight.
- Update medication prescription if needed.
- Update or complete an Anaphylaxis Emergency Plan/Asthma Action Plan for at school.
- Have school forms completed – get a statement from your allergist about any foods to which your child is allergic so that it can be filed at school.

BE SURE YOUR CHILD HAS FULL ACCESS TO THEIR EMERGENCY MEDICATION

- Review emergency symptoms with your child so they are sure when they should have their emergency medication.
- Review how to use an epinephrine auto-injector if age appropriate.
- Be sure your child knows when to get help and who to go to in an emergency.

MAKE AN APPOINTMENT TO VISIT THE SCHOOL TO DISCUSS YOUR CHILD'S ALLERGY OR ASTHMA IF NEEDED

- Take medication, forms, and supplies to school.
- Deliver your child's epinephrine auto-injector, medication permission forms and Anaphylaxis Emergency Plan to school either on or before the first day.

Notes