

# BACK TO SCHOOL

## Allergy & Asthma Management Checklist



### BEFORE SCHOOL STARTS

#### MAKE AN APPOINTMENT TO SEE YOUR CHILD'S ALLERGIST

- Be sure your child 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