

## Helping Kids with Asthma Prepare for School and Flu

If you have a child with asthma, now is the time to prepare for the start of school and the challenges presented by both asthma and influenza. Returning to the school environment always poses challenges to kids with asthma. Children with asthma are at greater risk from influenza, and this year, the presence of the H1N1 virus (swine flu) along with seasonal flu mean the need to prepare is even greater. Here are some tips to help you prepare to go back to school with asthma.

### **Wash up**

Good hygiene is the best and first line of defense against any type of cold or flu. Make sure your child washes his or her hands frequently, especially after coughing or sneezing. Children should also cover their nose and mouth when coughing or sneezing.

### **Get vaccinated**

All children, especially those with asthma, should get a flu vaccination. It's important to remember that regular seasonal flu is a serious illness, and that the best way to protect you and your child is for the whole family to get vaccinated. A tip sheet on good flu health habits is included in this asthma kit.

### **Stay informed**

Parents of children with asthma should be on the lookout for guidance from public health officials regarding the severity of the H1N1 virus. A tip sheet on protecting yourself from H1N1 flu is included in this asthma kit.

It's recommended that a child who has a fever or other flu-like symptoms stay home and not return to school for at least 24 hours after their fever or signs of fever are no longer present.

