



Your child had trouble breathing today. This trouble could be wheezing, gasping, or coughing so much it was hard to breathe.

Your school nurse or health staff gave your child quick-relief medicine to help them breathe easier because the school is a part of Asthma 411.

After a breathing treatment, what do families need to know?

1 Will the quick-relief medicine at school solve the asthma problem?

NO. Most of the time the medicine helps children breathe easier for 4 to 6 hours. Breathing problems can start again at any time.

2 What do I need to do next?

- Watch your child to see if the breathing problems come back!
- Let your child's health care provider know about the breathing trouble. and share the asthma visit report with them. If a health care provider has not told you that your child has asthma, please see a health care provider to discuss you child's breathing today.
- Make sure your child has the medicine they need at school and at home. They also need medicine everywhere they go during the day.
- The school has forms you need for your child to have their own medicine at school. Ask your school nurse if you have questions about the forms.
- Make sure other adults who care for your child understand their breathing problems. They should know how to help if your child has trouble breathing.
- An Asthma Action Plan helps everyone know what to do if your child's breathing gets worse. Your child's health care provider can make an Asthma Action Plan with you.
- Please share your child's Asthma Action Plan with the school nurse and teachers. Anyone who helps take care of your child should know the plan.
- Make sure the school has your emergency phone number. You should have at least two back-up people the school can call if they cannot reach you. Let your school know if the numbers change!

ASTHMA 411 FAQs

3 What is Asthma 411?

Asthma 411 is a program to help children who have asthma or trouble breathing. The program works to help children through schools.

4 How does Asthma 411 help?

Asthma 411 helps by

- Making “quick-relief medication” available at schools in case a child has trouble breathing.
- Bringing asthma education to schools and helping schools be “asthma friendly.”
- Working to help children and families get asthma services.

5 Does my child still need to bring asthma medication to school?

YES. Your child MUST get the medicine they need from their health care provider. This is required by Texas law and school policy. Asthma 411 can only give medicine for an emergency.

6 What if I still have questions?

Contact the school nurse or health staff that provided your child medication. You can also get more information at the Asthma 411 website at: <https://www.asthma411.org>

**ASTHMA 411 IS PROVIDED
THROUGH YOUR SCHOOL
WITH THE COLLABORATION OF**

