

## HOW DO YOU KNOW WHEN A CHILD WITH ASTHMA SHOULD STAY HOME FROM SCHOOL?

These guidelines are meant as a reference only and are not a substitute for professional medical advice.

### **If your child has these symptoms:**

- A stuffy nose, but no wheezing or coughing
- A little wheezing or coughing that goes away after taking medicine and symptoms don't return within a half hour
- Able to do usual daily activities
- No extra effort needed to breathe
- Peak flow score in the green zone

**THEN YOUR CHILD MAY BE ABLE TO ATTEND SCHOOL**

### **If your child has these symptoms:**

- A respiratory infection, such as a sore throat or swollen, painful neck glands
- Fever over 100' F rectally, face is hot or flushed
- Wheezing or coughing which continues or does not get better one hour after giving the medicine (or 5-10 minutes after using sprays)
- Breathing with difficulty
- Peak flow is below 80 percent of personal best and is not responding to treatment – yellow or red zone
- Sleepless night due to symptoms and low peak flow number

**THEN YOUR CHILD SHOULD PROBABLY STAY HOME FROM SCHOOL**

***AAFA-TX recommends that parents complete an **ASTHMA/ALLERGY ACTION Plan** with your child's teacher, school nurse or day care provider at the beginning of each school period. It is now legal in Texas for a child to carry and self-administer asthma medication at school, with written permission from parent and physician. Ask for a permission form or Action Card from [info@aafatexas.org](mailto:info@aafatexas.org) or download online [www.aafatexas.org](http://www.aafatexas.org)***

The Asthma & Allergy Foundation of America, Texas  
Ft. Worth, TX \* 817-297-3132 \* [info@aafatexas.org](mailto:info@aafatexas.org) \* [www.aafatexas.org](http://www.aafatexas.org)

*The information provided is for reference only and is not a substitute for professional medical care.*