TIPS for Carrying an Inhaler in School if a Health Care Provider has Given Permission to Self-medicate

If your child has been approved by your health care provider to carry a quick relief inhaler during the school day, follow these tips.

1. Make sure your health care provider checked the box on the Asthma Treatment Plan that gives approval for your child to self-medicate.

2. Talk to the school nurse to be sure she has a copy of your child’s Asthma Treatment Plan and knows your child is carrying an inhaler.

3. Write your child’s name on the inhaler using a permanent marker. Also write the expiration date.

4. If your health care provider has prescribed a holding chamber to use with the inhaler, write your child’s name on that too.

5. Make sure the caps are secure on both the inhaler and the holding chamber and place them in a clean container to keep in your child’s book bag.

6. Explain to your child that the inhaler should “never be far from where you are.”

7. If your child plays sports, ask the coach for the best place to store the book bag to keep the inhaler out of the heat but close in an emergency.

8. Remind your child to always tell an adult when he uses his inhaler. The teacher, nurse, or coach needs to know when it happened and if your child feels better.

9. Make sure your child knows that no one else can use his inhaler and he can’t use an inhaler from another child.

10. Once-a-month, check the inhaler and holding chamber to see that they are still clean and ready to use.