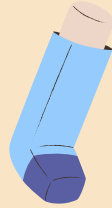


Better Asthma Control for Kids (BACK)

BACK is a school-based asthma program that seeks to improve asthma control so kids are healthy and ready to play and learn. Learn more about asthma and our BACK program on our website below!

What is asthma?



Asthma is chronic. In other words, kids with asthma live with it every day.

Asthma can run in families, so you may be more likely to get asthma if a parent or sibling has it.

Kids with asthma always have swelling or inflammation in the airways leading into the lungs even if they are not having symptoms. The airways in the lungs react to different things that trigger their asthma. When the lungs react to a trigger, the airways get more swollen or inflamed.

- **Symptoms:** coughing, wheezing, or breathing that feels “tight”.
- **Common Triggers:** smoke, allergies, dust, cold weather, exercise, and viruses like the common cold

1 in 10 Kids
In the USA have
asthma



Asthma fact: Asthma symptoms may change over time but children don’t “outgrow” asthma. In other words, children with asthma may still have asthma attacks at any point in their life. To prevent asthma attacks, avoid asthma triggers like smoke and take asthma medications as directed by your doctor.

NAME OF FOOD INSECURITY ORGANIZATION (LAV: Five Loaves Food Pantry, Pikes Peak: Tri-Lakes Cares Food Distribution Center, Greeley: Weld Food Bank) - did you know that up to 1 in 8 families in the US have run out of food for their family in the last 6 months? Share this local resource with your family, your neighbors, or others you know who could use extra food.

Coloradokidswithasthma.org

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Keeping Asthma under control helps students learn better!

When asthma isn't under control, it affects children's ability to learn for 3 key reasons:



- Coughing at night due to asthma causes poor sleep



- Missing school or class time due to asthma



- Difficulty focusing in school due to asthma symptoms.

Children with asthma are more likely to **miss class time** during school or **stay home** from school due to asthma attacks. When children miss school, parents are also more likely to **miss work**!

Even if children are able to go to school, asthma that is not under control can make it harder to learn.

It is important to keep asthma under control so kids feel healthy and ready learn.

- If your child is missing class time or school days due to asthma, follow up with your doctor. Your doctor can check that your child is taking their medicines correctly and adjust their asthma treatment plan.
- Kids with well controlled asthma have less day-to-day symptoms and are less likely to have major attacks that keep them out of school.
- Kids that have a hard time making it to doctor's appointments or getting their medicines refilled may struggle to keep their asthma under control. See below for a resource to help students with transportation to medical appointments for those who qualify!

Check out our website: Coloradokidswithasthma.org for more information about asthma, including a quiz to check if your child's asthma is under control or not. If your child's asthma is not under control, you should follow up with your doctor, and ask your school nurse if you qualify for our Better Asthma Control for Kids (BACK) program here at school.

Featured community resource: Some families have difficulty getting to the doctor to take care of asthma because of transportation problems. For families who qualify, this resource can help get their children to their medical appointments. (LAV/PP: Medride, GMW: County Express)

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Indoor air quality is just as important as outdoor air quality for kids with asthma.

The following items can worsen lung inflammation in children with asthma:

Dust

Mold

Smoke

Pets

Parents can help to improve the indoor air quality in their homes by:

- Keeping pets out of a child's room
- Vacuuming carpet and other soft surfaces using a vacuum with a HEPA filter
- Washing bedsheets and linens in hot water



Did you know that smoking or vaping in your home or car can trigger your child's asthma even if they aren't there?



Children should never be indoors where someone is, or has been, smoking or vaping. Smoking and vaping leaves traces of chemicals that stay in the air and on surfaces and clothing.

Parents can lessen their child's asthma symptoms by keeping the air inside as clean as possible! Check out our website: [Coloradokidswithasthma.org](https://coloradokidswithasthma.org) for more information about asthma.

Having Mold problem at home? Call here to get information--ADD SODH resource

[Coloradokidswithasthma.org](https://coloradokidswithasthma.org)