

Back to School Asthma Advice

Information for Parents/Carers and
children/young people returning to
school in September 2026



Tips to help manage your asthma well and reduce the risk of symptoms and asthma attacks

- Take your preventer inhaler/treatment everyday, even when you are well.
- Make sure you are using your inhalers correctly. Always use your spacer if this has been recommended for you.
- It is important to get in to a good routine with your inhalers in August before going back to school.
- Know your triggers and manage these to avoid symptoms.
- Make sure you know what to do when your asthma is getting worse.
- Make sure you follow your asthma action plan and know what to do in an emergency.
- Make sure you give school a reliever (blue) inhaler and a Spacer, or a Symbicort inhaler.
- Give school a copy of your asthma action plan.
- Update emergency contact numbers with school office.
- Get the seasonal flu vaccine via school or your GP.

Checklist ✓

**Take preventer
everyday**

Follow action plan

Triggers

School Plan

**School inhalers/
Spacer**

**Update emergency
contact with school**

Book Flu vaccine



**Asthma Attacks are a medical emergency—always
seek help if your child is not responding to their
reliever medication**

Further advice available from your school nurse or you can look at the
websites below:



Asthmaandlung.org.uk



www.georgecoller.co.uk