



Back to School Asthma “Spike”

Asthma Foundation NSW and NSW Health urges parents of children with asthma to be extra vigilant in February as statistics reveal an annual back to school “spike” in asthma related hospitalisations.

The spike comes about **2 weeks** after school starts with major peaks occurring in 1993, 1996, 1999, 2001 and 2006.

As asthma is a serious condition, which can be life-threatening, it is important that parents arrange to develop an **Asthma Action Plan** for their child with their doctor and have their child's asthma reviewed regularly.

Symptoms in children may include wheezing, shortness of breath, tightness in the chest or persistent coughing. This may indicate a possible asthma emergency. We encourage parents to respond appropriately with blue reliever medication or take their child immediately to a doctor or hospital emergency department.

If you would like to find out more information about how to manage asthma please contact:

Asthma Foundation NSW

 **1800 645 130**  www.asthmansw.org.au