

Back to School with ASTHMA and COVID-19

80%
in children

50%
in adults

percentage of asthma attacks that are caused by viral infections

Normally, back to school means the return of germ swapping and a dramatic increase in serious asthma attacks known as the **September Epidemic**. COVID-19 has changed back to school and has focused attention on how to avoid catching infections.

Watch for COVID-19 Symptoms in Children

MOST COMMON

- Fever
- Cough
- Shortness of breath

LESS COMMON

- Fatigue
- Nasal congestion
- Diarrhea
- Abdominal pain
- Vomiting

- Nausea
- Chills or shaking chills
- Muscle pain
- Headache
- New loss of taste or smell

Stay on Top of Asthma

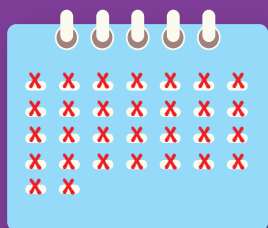
1. Follow an Asthma Action Plan.
2. Monitor breathing and peak flow rates.
3. Consistently use asthma and allergy medications, even when symptom free.
4. Minimize environmental triggers.
5. Keep medication refills on hand.
6. Keep asthma medication and peak flow meter at school.

10 Protection Tips for COVID-19

1. Wash hands or use hand sanitizer often, especially before eating and touching the face and after coughing, sneezing and using the restroom.
2. Don't touch your face with unwashed hands.
3. Cover your mouth with a tissue or the crook of your elbow when sneezing and coughing.
4. Wear a mask in public places, including school buildings.
5. Follow social distancing guidelines.
6. Replace hugs and handshakes with elbow or foot bumping, a head nod, slight bow or other no-touch greetings.
7. Keep your fingernails short and clean to keep germs at bay.
8. Stay home when you have symptoms of COVID-19.
9. Clean and disinfect frequently touched surfaces.
10. Stay up-to-date on immunizations including the flu vaccine.

Asthma by the Numbers

13.8M
school days
missed annually
due to asthma



14.2M
work days
missed annually
due to asthma

25% of all children's asthma hospitalizations happen in September



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Breathing Science is Life.