

# Complete Asthma Guide for School-Aged Children

Date: [Insert Date]

To Whom It May Concern,

We are pleased to provide you with a comprehensive guide regarding asthma management for school-aged children. This guide aims to ensure the safety and health of children suffering from asthma while at school.

## Understanding Asthma

Asthma is a chronic condition that affects the airways, making it difficult for children to breathe. Common symptoms include coughing, wheezing, shortness of breath, and chest tightness.

## Asthma Triggers

- Allergens (pollen, dust mites, pet dander)
- Respiratory infections
- Cold air
- Exercise
- Cigarette smoke

## Medication Guidelines

Children may require the following types of medications:

- Controller medications (taken daily to prevent symptoms)
- Rescue medications (used for quick relief during an asthma attack)

## Action Plan

Please ensure that your child has an asthma action plan that is shared with school staff, detailing:

- Daily medications
- Emergency procedures during an asthma attack
- Contact information for parents and healthcare providers

## Helpful Resources

For more information, please consult the following resources:

- American Lung Association: [www.lung.org](http://www.lung.org)
- National Heart, Lung, and Blood Institute: [www.nhlbi.nih.gov](http://www.nhlbi.nih.gov)

Thank you for your attention and support in ensuring the well-being of our children with asthma. Please feel free to reach out with any questions or concerns.

Sincerely,

[Your Name]

[Your Position]

[Your Contact Information]