



Asthma

Asthma is a chronic disease of the airways that makes breathing difficult. One in 14 children and 1 in 13 adults in Minnesota live with asthma.

What to do

Support your child with asthma

- Provide appropriate clinic documents to your student's School Health Office – a current copy of their Asthma Action Plan (AAP) signed by the provider, and all medications they might need at school.
- Learn which medicines to take, when to take them, how to use asthma inhalers correctly, and to identify what asthma triggers cause symptoms to flare up.

Advocate for asthma-friendly policies

- Work to put in place policies like no smoking or vaping; no pets in schools, buildings, or on airplanes; and fragrance-free workplaces.

