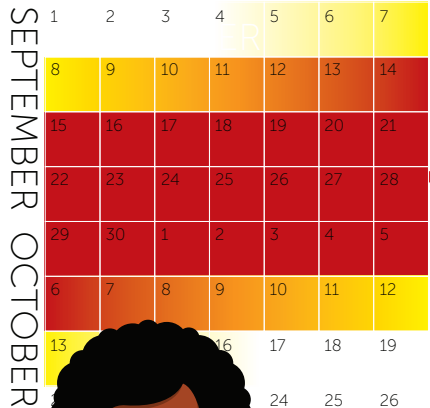
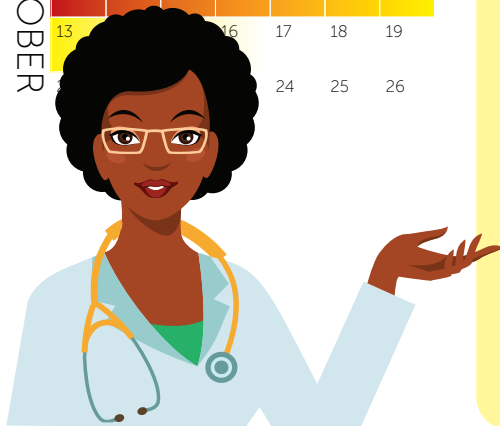


How to AVOID the September Asthma Peak



Asthma attacks requiring a hospital or ER visit begin to spike in early-to-mid September and decline in mid-October. It's especially common among schoolchildren but can also happen to adults.

3rd week of September = peak week for asthma flares, hospitalizations and ER visits



WHY DOES IT HAPPEN?

A Perfect Storm of Triggers

- High levels of ragweed pollen in outside air
- Return to school = increased exposure to allergens (indoor mold) and respiratory irritants (air pollutants from idling school buses, cleaning products)
- Start of cold and flu season – schoolchildren, in particular, bring home colds, flu and/or COVID-19 to parents and caregivers.
- Missed medication use during summer – when children and adults skip doses of their controller inhaler, they are more likely to have an asthma flare in September when exposed to allergy and asthma triggers
- Increased anxiety and stress with the start of a new school year

ASTHMA STATS

20-25%
of all children's asthma
HOSPITALIZATIONS
occur in September



13.8
MILLION
school days missed
annually due to asthma



14.2
MILLION
work days missed
annually due to asthma



BE PROACTIVE AND PREVENTIVE

10 Steps

1. Schedule an asthma check-up for children and adults before school begins. Discuss your current asthma control at this checkup.
2. Review your Asthma Action Plan. If necessary, adapt it to plan for increased exposure to asthma triggers during September. For children, give a copy to the school nurse/
3. Make sure all asthma medications are refilled prior to the start of the school year.
4. Take controller inhalers as prescribed.
5. Carry a quick-relief inhaler with you at all times, including at home, school and work.
6. Use a peak flow meter so you are alerted to brewing lung problems.
7. Know your asthma triggers. If ragweed pollen tends to trigger symptoms, consider staying indoors as much as possible.
8. Get the flu and COVID-19 vaccines. If you're 65+ years of age, get the pneumonia vaccine.
9. Encourage frequent handwashing or use hand sanitizers to reduce the risk of catching a cold or a virus.
10. Talk with an asthma specialist if symptoms are severe and not well controlled despite taking a daily controller medication. New medications may help.

