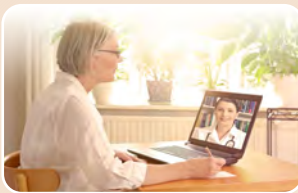


## Allergy & Asthma Network News



### Allergies & Asthma at School

- New webpage for Parents & Schools



### 5 Things to Know Webinar

- The Role of Asthma Educators
- Karen Gregory & Mary Hart
- 8/13 @ 4:00 PM EDT



### Advances in Allergy & Asthma Webinar

- Why is Asthma so Difficult to Control in Older Patients?
- Dr. Alan Baptist
- 8/26 @ 4:00 PM EDT



More information at [allergyasthmanetwork.org](http://allergyasthmanetwork.org)



## Back to School: Considerations for Students with Asthma in the Era of COVID-19



*Dr. Mary Cataletto  
Dr. Purvi Parikh  
Tonya Winders*



## Our Speakers



*Dr. Mary Cataletto*

Practicing Pulmonologist in the Department of Pediatrics at the NYU Winthrop Hospital

Professor of Clinical Pediatrics at the Stony Brook University School of Medicine in Stony Brook, New York



*Dr. Purvi Parikh*

Clinical Assistant Professor of Medicine NYU Langone School of Medicine & Director, Allergy and Asthma Association, Murray Hill

National Spokesperson, Allergy & Asthma Network



*Tonya Winders*

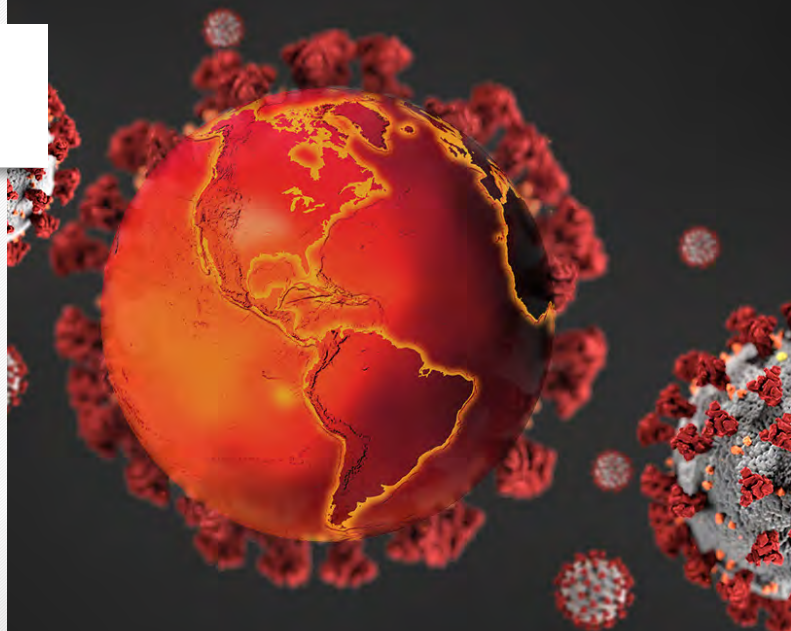
President & CEO, Allergy & Asthma Network

President, Global Allergy & Airways Patient Platform




## Outline

- Current State of COVID-19
- Key Messages for COVID-19 Prevention & Control in Schools
- Asthma Care at School During COVID-19
- Resources to Help Schools & Families







# Current State of COVID-19

Tonya Winders



COVID-19 Dashboard by the Center for Systems Science and Engineering (CSSE) at Johns Hopkins University

**Total Confirmed: 16,797,288**

**Confirmed Cases by Country/Region/Sovereignty**

|           |                |
|-----------|----------------|
| 4,375,217 | US             |
| 2,483,191 | Brazil         |
| 1,531,669 | India          |
| 827,509   | Russia         |
| 459,761   | South Africa   |
| 402,697   | Mexico         |
| 395,005   | Peru           |
| 349,800   | Chile          |
| 303,092   | United Kingdom |

188

**Global Deaths: 661,724**

|         |        |                |
|---------|--------|----------------|
| 149,684 | deaths | US             |
| 88,539  | deaths | Brazil         |
| 46,046  | deaths | United Kingdom |
| 44,876  | deaths | Mexico         |
| 35,129  | deaths | Italy          |

**US State Level Deaths, Recovered**

|        |                |           |               |
|--------|----------------|-----------|---------------|
| 32,653 | deaths, 72,813 | recovered | New York US   |
| 15,825 | deaths, 32,313 | recovered | New Jersey US |
| 8,716  | deaths, 8,716  | recovered | California US |

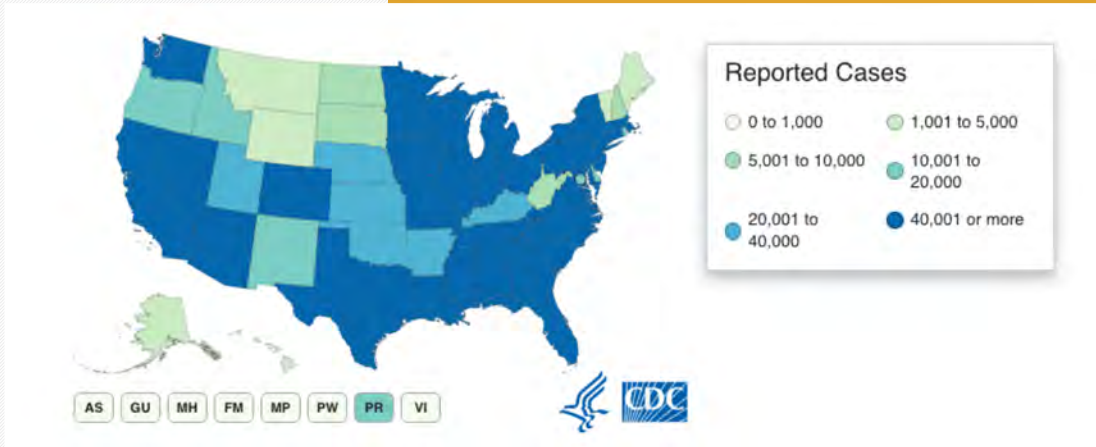
Global Deaths: 661,724

US State Level Deaths, Recovered

Confirmed | Logarithmic | Daily Cases

## US Data Report

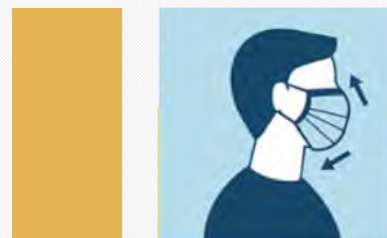
| Total Confirmed Cases | Total New Cases | Total Deaths | Total New Deaths |
|-----------------------|-----------------|--------------|------------------|
| 4,280,135             | 54,448          | 147,672      | 1,126            |



Data as of 7/28/20

## In the News

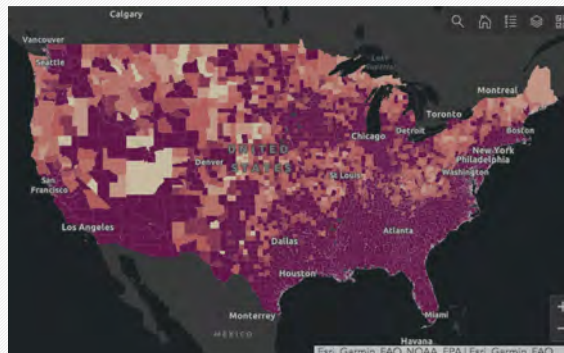
- Coronavirus “easily the most severe” public health emergency – WHO
  - Countries that previously appeared to have the pandemic under control recorded an uptick in cases
- UK Study – 6 distinct types of coronavirus disease
- More than 40 states have some kind of mask requirement



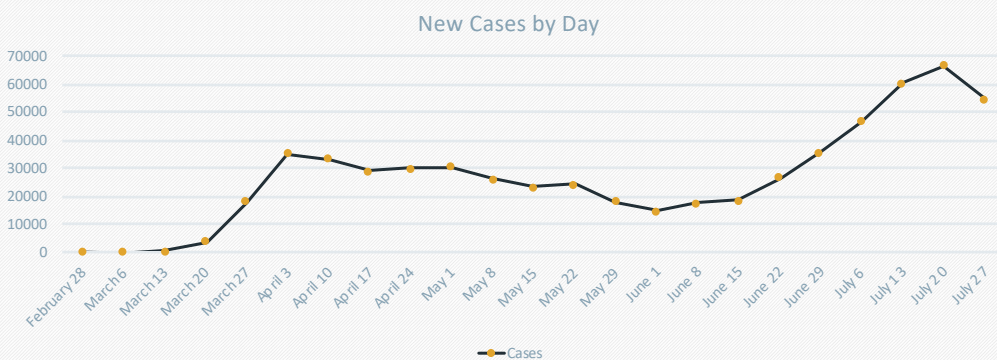


## In the News

- First Phase 3 trial of a COVID-19 vaccine has started in the US
- Some states are setting records for number of cases – FL, TX, NC, TN, OH, IN, KY
- Dr. Fauci: "We just can't afford, yet again, another surge" like that seen in recent weeks in Florida, Texas, Arizona and California."

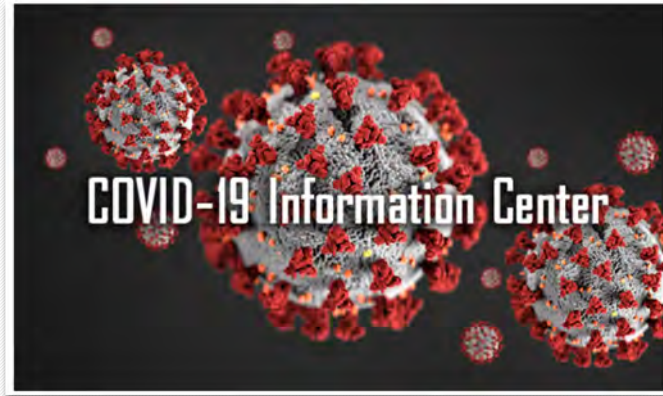


## COVID-19 Cases in US by Date Reported



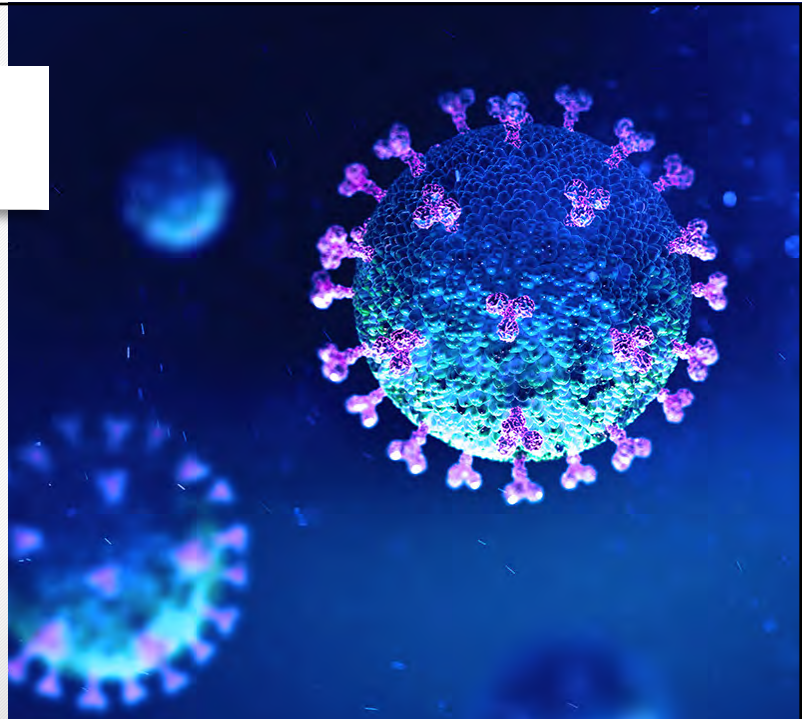
## COVID-19 Information Center – Allergy & Asthma Network

- <https://allergyasthmanetwork.org/health-a-z/covid-19/>
- Webinar recordings
- Patient program with ATS recording
- Infographics
- Fact Sheets and Q & A's
- Managing Pediatric Asthma during COVID-19
- What coronavirus looks like
- State by State guidance on reopening



## Please note:

- *This is a **constantly** evolving situation*
- Guidance is likely to change
  - And change back
  - And change again . . .







## Key Messages for COVID-19 Prevention & Control in Schools

*Dr. Purvi Parikh*



### Basic Principles

- Sick students, teachers and staff should not come to school
- Enforce regular handwashing with soap & water or hand sanitizer
- Daily disinfection & cleaning of school
- Social distancing – including limiting large gatherings



## Social Distancing Practices

- Staggering the beginning and end of the school day
- Cancelling assemblies, sports games and other events that create crowded conditions
- When possible, create space for children's desks to be at least 6 feet apart
- Teach and model creating space and avoiding unnecessary touching



## Develop School Policies

Isolating students & staff that become ill at school

Information sharing

Attendance – flexible attendance & sick leave

Ensure continuity of education

Coordinate with local public health officials when needed





## Be Prepared to Deal with COVID-19

- Not every fever will be COVID-19
- Not every virus will be COVID-19
- How will you know?!?
- Nursing assessment will be so valuable during the return to school
- Asthma care will be vital
  - Asthma Action Plan
  - Calm, guidelines-based care

**Asthma Care at School Post COVID-19 Outbreak**

A student presents at the school Health Office with report of respiratory symptoms  
**Could it be viral?**

**Maybe?** Important to note student's allergy level! School Nurse should wear appropriate Personal Protective Equipment (PPE)

**Assess for additional viral symptoms**

- Fever of over 100.4
- Cough with/without wheeze
- Nasal congestion
- Nausea/vomiting/diarrhea
- Headache/fatigue
- Myalgia
- Poor appetite
- Swelling/itch on hands & feet

**Assess for additional asthma symptoms**

- Past history of asthma
- No fever
- Audible wheeze / Cough
- Chest congestion or tightness
- Breath sounds on auscultation: expiratory wheeze
- Fatigue, Mental status
- Reports not feeling able to fully participate in daily activities
- Stops talking to catch breath

**Yes** **Assess for asthma issues & treat as needed, isolate student**

- Call parent
- Diagnose, refer to healthcare provider, (where possible, provide student with mask)

**If confirmed COVID-19:**

- Assess risk
- Consult local health officials
- Consider 2-5 day Building
- Disinfect to clean, disinfect & contact trace (CDC guidance as of 5/20)

**Yes** **Follow Asthma Action Plan**

- Green – Follow plan, observe
- Yellow – Administer medication as directed, notify parent
- Red – Administer medication as directed

Call parent as needed  
Call 911 if symptoms are or become severe

**No** **Observe** Return to class as appropriate

Please see Page 2 for Asthma Care Notes

## September

### September Asthma Peak

- An issue EVERY year
- 3<sup>rd</sup> week in September
- Perfect storm of triggers
- 10 Steps to Follow

### How to AVOID the September Asthma Peak

**How to AVOID the September Asthma Peak**

Asthma flares requiring a hospital or ER visit start to spike in early-to-mid September and decline in mid-October.

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

**WHY DOES IT HAPPEN?**

**A Perfect Storm of Triggers**

- Return to school = exposure to multiple allergens (indoor mold, animal dander) and respiratory irritants (air pollutants from idling school buses)
- High levels of ragweed and mold allergens in outside air
- Easy to catch cold germs and viruses, including the flu
- Irregular medication use from summer months – when children don't follow their asthma medication schedule in summer, they're more at risk for asthma flares in September when they're exposed to more allergens and triggers
- Anxiety and stress associated with the new school year

**ASTHMA STATS**

- 25%** of all children's asthma HOSPITALIZATIONS occur in September
- 10.5 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 checkup with your child's doctor before the school year begins.
2. Make sure all asthma medications are refilled prior to start of school year.
3. Take long-acting asthma medications as prescribed by your child's doctor.
4. Keep or carry medications at school, particularly a quick-relief inhaler.
5. Keep a peak flow meter, a device that signals brewing lung problems.
6. Encourage frequent handwashing to reduce risk of catching a cold or a virus.
7. Identify and avoid environmental triggers: if pollen is a problem, talk with teachers about staying inside from outdoor activities.
8. Get the flu vaccine.
9. Follow the Asthma Action Plan and provide one to the school nurse.
10. Maintain good asthma control throughout the entire year, even if symptoms are well controlled during summer.

Sources: American College of Allergy, Asthma & Immunology, The Journal of Allergy and Clinical Immunology, National Jewish Health

## For Parents



- Know the latest facts
- Recognize the symptoms of COVID-19
- Keep children in school when healthy
- Reinforce the need for hand washing
- Deal with your own stress & help your child cope with their stress



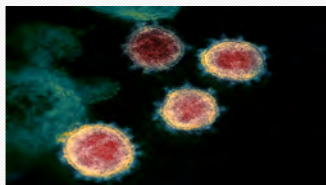
## Asthma Care at School During COVID-19

*Dr. Mary Cataletto*

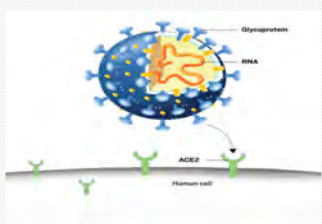




## SARS-CoV-2



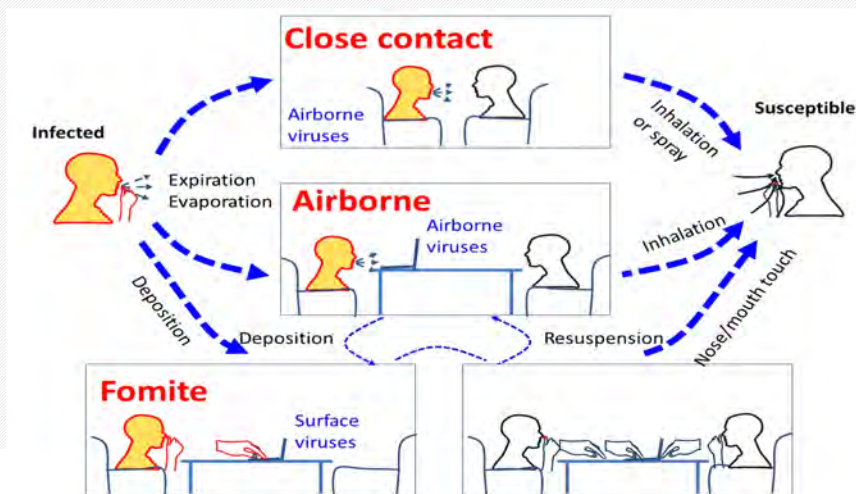
<https://www.nih.gov>



<https://www.acs.org>

### Inhaled virus SARS-CoV-2 likely

- **binds** to epithelial cells in the nasal cavity and
- starts **to replicate** in the nose, pharynx, larynx, trachea, bronchi, and bronchioles



## Aerosol Transmission of Infectious Agents

Tellier, R., Li, Y., Cowling, B.J. *et al.* Recognition of aerosol transmission of infectious agents: a commentary. *BMC Infect Dis* 19, 101 (2019). <https://doi.org/10.1186/s12879-019-3707-y>





## Asthma as a Risk Factor for COVID-19



- Asthmatics are at ↑ risk for more severe outcomes with common cold viruses<sup>1</sup>
- Severity of virus induced asthma exacerbations is increased with poor symptom control<sup>1</sup>
- Many asthmatics have deficient & delayed innate antiviral immune responses with deficiency and delay in lung cell interferon responses<sup>1</sup>
- Individuals with moderate to severe asthma may be at higher risk for the development of pneumonia and acute respiratory disease<sup>2</sup>
- Majority of hospitalized adults with COVID 19, 89.3% had once or more underlying medical conditions, the most common being obesity, HTN and CLD<sup>3</sup>
- In 18 – 49 y/o's obesity was the most prevalent underlying condition, followed by CLD (primarily asthma)<sup>3</sup>

1. Johnston, S , Asthma and COVID 19: Is asthma a risk factor for severe outcomes? Allergy 2020
2. [www.cdc.gov/coronavirus/2019-ncov/need-extra-precautions/asthma.html](http://www.cdc.gov/coronavirus/2019-ncov/need-extra-precautions/asthma.html) accessed 5/6/2020
3. Garg, S, et al, Hospitalization Rates and Characteristics of Patients Hospitalized with Laboratory-confirmed Coronavirus Disease 2019 –COVID-NET, 14 states, March 1- 30, 2020, [www.cdc.gov/mmwr/volumes/69/wr/mm6915e3.htm?s\\_cid=mm6915e3\\_w](http://www.cdc.gov/mmwr/volumes/69/wr/mm6915e3.htm?s_cid=mm6915e3_w)- accessed 5/6/2020



## Weighing Back to School

**The American Academy of Pediatrics strongly advocates that all policy considerations for the coming school year should start with the goal of having students physically present in school.**

### IN PERSON SCHOOL

- Provides educational instruction
- Supports development of social & emotional skills
- Creates a safe environment for learning
- Addresses nutritional needs
- Facilitates physical activity



OR



### TRANSMISSION

- Best available evidence indicates that COVID 19 poses a relatively low risk to school age children
- Children with certain underlying conditions are at increased risk from COVID 19
- Learn what your school is doing to protect your student

<https://www.cdc.gov/coronavirus/2019-ncov/community/schools-childcare/reopening-schools.html>-accessed 7/28/2020  
<https://www.cdc.gov/coronavirus/2019-ncov/community/schools-childcare/prepare-safe-return.html>-accessed 7/28/2020





## Enrollment – Pre-COVID-19

**PUBLIC SCHOOLS**  
50.8 MILLION



**PRIVATE SCHOOLS**  
5.8 MILLION

[www.educationdata.org](http://www.educationdata.org)

shutterstock.com • 1489597646



8.3 % (APPROXIMATELY 1:12) SCHOOL AGED CHILDREN HAVE ASTHMA



## What Happened When Schools Closed

Less upper respiratory tract infections

Social Distancing policies outside of school


**Improved asthma control**

Less exposure to outdoor allergens

Less exposure to outdoor air pollution



## Don't miss the elephant in the room!




**Unemployment**  
Loss of insurance

**Anxiety**  
Depression  
Substance Abuse

**Lack of support services**  
Food Insecurity

**Domestic Violence**  
Child Abuse  
Community Violence

1. <https://www.pewresearch.org/fact-tank/2020/06/11/unemployment-rose-higher-in-three-months-of-covid-19-than-it-did-in-two-years-of-the-great-recession/>  
2. <https://www.psychologytoday.com/us/blog/making-sense-chaos/202005/why-the-increase-in-domestic-violence-during-covid-19>  
3. <https://www.cfr.org/in-brief/double-pandemic-domestic-violence-age-covid-19>



## WILL THE STUDENT WHO LEFT SCHOOL BEFORE THE QUARANTINE BE THE SAME AS THE ONE WHO RETURNS TO YOU?



Don't expect a one-size fits-all solution





## Asthma Goals for School Health

### INFRASTRUCTURE & SUPPORTIVE POLICIES

FAMILY & COMMUNITY INVOLVEMENT

PHYSICAL EDUCATION & ACTIVITY



PHYSICAL & MENTAL HEALTH SERVICES

HEALTHY SCHOOL ENVIRONMENT

ASTHMA EDUCATION

<https://www.cdc.gov/healthyschools/asthma/creatingafs/index.html>



## Critical Roles of the School Nurse

Asthma Education for students, teachers and coaches

Multiple teaching sites and extended times will stretch workforce

Know which students are at risk for an asthma emergency

Teachers will need to be able to recognize asthma symptoms

Quick relief medication should be immediately available

An emergency plan for severe asthma episodes must be in place



## Impact of Poor Asthma Control on Learning



- Fatigue
- Poor attendance / Focus
- Absenteeism due to asthma flares
- Doctor visits, ED, hospitalizations
- Missed class time due to visits to the nurse



## Training in Guided Asthma Self-Management

### Patient-directed Self-management

Patients make changes in accordance with a prior written action plan without needing to first contact their health care provider

### Doctor-directed Self-management

Patients still have a written action plan, but refer most major treatment decisions to their physician at the time of a planned or unplanned consultation





## Essential Components of Effective Guided Asthma Self-Management

<https://www1.nyc.gov/assets/dph/downloads/pdf/asthma/plan1.pdf>

### GINA 2020:

- Self-monitoring of symptoms &/or peak flow
- A written asthma action plan to show how to recognize and respond to worsening asthma
- Regular review of asthma control, treatment and skills by a health care provider



## Asthma Information

**GOAL:** To provide child with asthma, their family and caregivers with suitable information & training to manage their asthma in partnership with their HCP

### Approach

- Focus on the development of the partnership
- Accept that this is a continuing process
- Share information
- Adapt to patient's level of health literacy
- Discuss expectations, fears and concerns
- Develop shared goals

### Content

- Asthma Diagnosis
- Rationale for treatment differences between relievers & controllers
- Potential side effects of medications
- Prevention of symptoms and flareups
- How to recognize worsening asthma and what actions to take; how and when to seek medical attention
- Management of comorbidities



## Asthma Friendly Schools

### Characteristics of successful school-based asthma programs:

- Strong links with asthma care clinicians
- Identify and intervene with most in-need students with asthma
- Administrative buy-in and program support
- A coordinated, multi-component and collaborative approach of asthma education & staff development
  - Appropriate school health services for students with asthma
  - Asthma education for students with asthma & awareness programs for students, school staff, parents, and families.
- Safe and healthy school environment to reduce asthma triggers
- Safe and enjoyable physical education and activities for students with asthma.
- Ongoing Quality Improvement



## School-based Programs for Children



### Systemic reviews found:

- School-based studies that included self-management skills for children ages 5 – 18 years may be associated with a 30% decrease in ED visits and a significant decrease in hospitalizations and in days of reduced activity







# Back to School

Changing the venue to include social distancing

# Social Distancing/Physical Distancing Measures




Fundamental to lowering the risk of SARS-COVID-2 Spread



Recommendations:

- Adults & adult staff should attempt to maintain a distance of 6 feet from other persons
- Adult-adult physical distancing in time & place
- Recommendations for children are age & ability dependent



## Planning for the School Experience

### Alternative Strategies

- Alternating Schedules or ½ days
- Cohorts
- Selective return of grade levels, students or teachers
- One course at a time
- One room school house
- Individual learning plans
- Keep distance learning

### Special Considerations

- Remediation vs. acceleration
- Getting input from all stakeholders
- Making equity & culturally responsive teaching an integral part of the plan
- Looping
- Need for additional teachers



<https://www.cultofpedagogy.com/reopening-school-what-it-might-look-like/>

## Guiding Principles: Social Distancing & Risk Stratification at School

The more interactions and the longer interaction times, the higher the risk of COVID 19 transmission

### Lowest Risk

Students & Teachers engaging in virtual only classes, activities & events

### More Risk

Small, in person classes, activities and events. Groups stay together and with the same teacher throughout/across school days and groups do not mix.

Students remain at least 6' apart and do not share objects (eg. hybrid virtual and in person class structures or staggered/rotated scheduling to accommodate smaller class sizes)

### Highest Risk

Full sized, in person classes, activities and events.

Students are not spaced apart, share classroom materials or supplies and mix between classes and activities



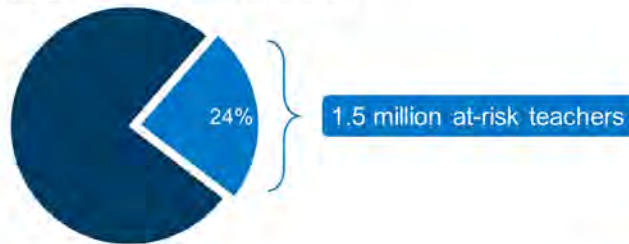
<https://www.cdc.gov/coronavirus/2019-ncov/community/schools-childcare/schools.html> accessed 7/28/2020



## Potential Teacher Shortages

Nearly 1.5 Million Teachers (One in Four) are at Greater Risk of Serious Illness if Infected with Coronavirus

*Share of teachers at greater risk of serious illness if infected with coronavirus*



Source: KFF analysis of 2018 National Health Interview Survey



• <https://www.kff.org/coronavirus-covid-19/issue-brief/how-many-teachers-are-at-risk-of-serious-illness-if-infected-with-coronavirus/>



## Shortage of School Nurse Positions

Across the Country –

**25.2% of Schools Did Not Employ a School Nurse**

35.3% of schools employ Part time school nurses

39.3 % of schools employ full time school nurses

Willgerodt, M.A., Brock, D. M., & Maughan, E.M. (2018). Public School Nursing Practice in the United States. *The Journal of School Nursing*, 34(3), 232-244.



## Educating School Staff about Asthma

Key Issues: Identifying an asthma episode

Knowing when to give medication

Know where the medication is kept

Have an emergency Plan

### Asthma Symptoms

A Guide for School Staff

- **Wheezing** a scratchy or whistling sound when breathing
- **Shortness of breath or rapid breathing** possibly associated with exercise
- **Chest tightness or pain**
- **Fatigue** student may stop playing or avoid activity
- **Coughing** may be continual and happen often – made worse by colds, exercise and cold air (may report difficulty sleeping because of cough)

If you identify a student with asthma symptoms, ask first if the student has used their quick-relief inhaler (albuterol). If not, the student should use it right away.

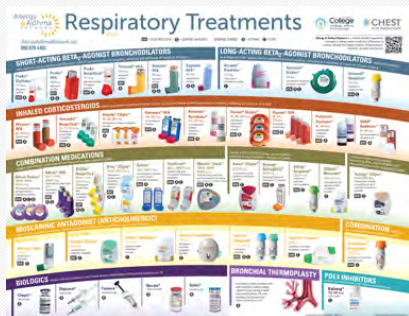
*If symptoms do not respond to medication within ~10 minutes or if no medication is available, have someone accompany the student to the school nurse or call 911.*

*Do not send the student alone, as symptoms can sometimes get worse very quickly.*



8229 Boone Blvd., Suite 260  
Vienna, VA 22182  
800.678.8403  
AllergyAsthmaNetwork.org

## Know Your Asthma Medications



Learn the names of your medication, not just their color



Use your Asthma Action Plan

Take the **Right** Medication,  
In the **Right** Dose  
At the **Right** Time  
In the **Right** Way



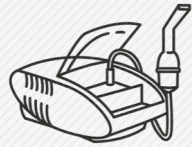


# Albuterol for Quick Relief

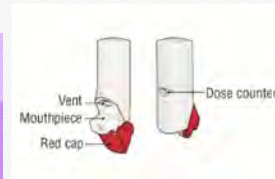
## Nebulizer

Nebulizers can:

- Aerosolize viral droplets for @ 1 meter &
- Allow the virus to remain in the air for a longer time.



## Metered Dose Inhaler



**GINA 2020 recommends avoiding nebulizers during COVID 19**

# Health Hygiene



Hand hygiene

Respiratory Etiquette

Face masks

Staying home if you are sick



## Soap & Water vs Hand Sanitizer

### Preferred:

- Wash hands with soap & clean water for 20 seconds or more

### Alternative:

- Hand sanitizer with at least 60% alcohol

### Cautions with Hand Sanitizers

- Keep out of reach of children
- Use of hand sanitizers in children 5 years & under should be supervised by an adult
- Swallowing even small amounts can cause poisoning in children



## Respiratory Etiquette



Always cover your mouth & nose with a tissue when you cough or sneeze or cough into your elbow

Do not spit

Throw used tissues in the trash

Immediately wash your hands or use hand sanitizer



Source: cdc.gov



## Face Masks: Who, What & When

### Who

Age  $\geq$  2 years

Alert, Breathes normally

Able to help themselves, remove their own mask

### What

Fabric mask that allows you to breathe while talking & walking quickly



### When

In public when you can't keep proper distance from others

<https://community.aafa.org/blog/what-people-with-asthma-need-to-know-about-face-masks-and-coverings-during-the-covid-19-pandemic>  
<https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/how-to-wear-cloth-face-coverings.html>



## Face Masks: Why, Where & How



### Why

Help protect others in case you are infected with COVID-19 but don't have symptoms

### Where

In public setting when around people who don't live in your household, especially when it is difficult to stay 6 feet apart

### How

Wash your hands before putting on your mask

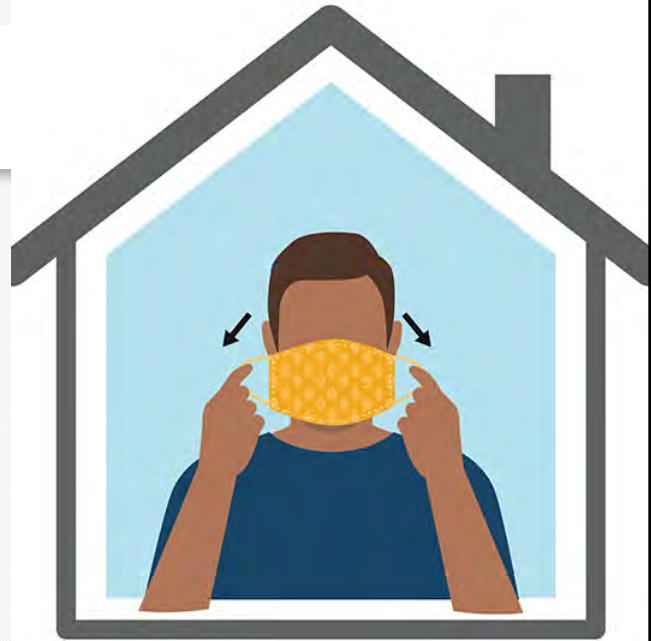
Put it over your nose & mouth – secure under your chin

Try to fit snugly against the side of your face – but so you can breathe easily



## Take Off Your Cloth Face Covering Carefully, When You're Home

- Untie the strings behind your head or stretch the ear loops
- Handle only by the ear loops or ties
- Fold outside corners together
- Place covering in the washing machine
- Be careful not to touch your eyes, nose, and mouth when removing and wash hands immediately after removing



## Pandemics are Stressful

*Stress during an infectious disease outbreak may cause some the following:*

- Fear and worry about your own health & the health of your loved ones, your financial situation or job, or loss of support services
- Changes in sleep or eating patterns.
- Difficulty sleeping or concentrating.
- Worsening of chronic health problems.
- Worsening of mental health conditions.
- Increased use of tobacco, and/or alcohol and other substances



## Helping Students Cope

Children and teens react, in part, on what they see from the adults around them.

When parents and caregivers deal with the COVID-19 calmly and confidently, they can provide the best support for their children

Parents can be more reassuring to others around them, especially children, if they are better prepared



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## Watch for behavior changes in your student

- Poor school performance or avoiding school.
- Difficulty with attention and concentration.
- Avoidance of activities enjoyed in the past.
- Unexplained headaches or body pain.
- Use of alcohol, tobacco, or other drugs.
- Excessive crying or irritation in younger children.
- Returning to behaviors they have outgrown (for example, toileting accidents or bedwetting).
- Excessive worry or sadness.
- Unhealthy eating or sleeping habits.
- Irritability and “acting out” behaviors in teens.

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## Strategies to Support your Student

- Talk with them about the COVID-19
- Answer questions & share facts about COVID-19 in an age-appropriate way
- Reassure them that they are safe. Let them know it is ok if they feel upset.
- Share coping and stress reduction strategies.
- Limit their exposure to news coverage of the event, including social media.
- Advise parents to maintain regular routines. If schools are closed, create a schedule for learning activities and relaxing or fun activities.
- Parents and staff can be role models. Take breaks, get plenty of sleep, exercise, and eat well. Connect with your friends and family members.
- Spending time in meaningful activities such as reading and exercise.



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35<sup>TH</sup>  
ANNIVERSARY


## Healthy Choices: Key Messages

Good  
Asthma  
Control

- Practice social distancing & respiratory etiquette
- Frequent handwashing, use a face mask
- Stay home if you are sick
- Know your asthma: Triggers & Asthma Action Plan
- Have your asthma medications available
- Avoid sick contacts
- Avoid exposure to your known asthma triggers, tobacco smoke & vaping
- Annual influenza immunization

Allergy  
& Asthma  
NETWORK  
35<sup>TH</sup>  
ANNIVERSARY






# Resources to Help Schools & Families

Tonya Winders

Web Pages –  
Allergyasthmanetwork.org

- COVID-19 Information Center
- COVID-19 and Schools
- Schools: Allergies & Asthma



The screenshot shows the Allergy & Asthma Network website. At the top, there is a navigation bar with links for ESPAÑOL, TELHEALTH, ASTHMA360 REGISTRY, LOGIN / JOIN, DONATE NOW, and ONLINE SHOP. Below this is the main header with the organization's logo and a '35th Anniversary' badge. A red button prompts users to 'VISIT OUR COVID-19 INFORMATION CENTER'. A secondary navigation bar includes links for HOME, EVENTS, NEWS, PROFESSIONALS, and ABOUT US. A third bar lists medical conditions: ASTHMA, ALLERGIES, ANAPHYLAXIS, ECZEMA, HEALTH A TO Z, ADVOCACY, and RESEARCH. The main content area features a large image of a smiling woman holding a baby, with the headline 'Breathe Better Together' and a sub-headline stating: 'Allergy & Asthma Network unites and advocates on behalf of 60 million Americans with asthma, allergies and related conditions.'

Posters

**Respiratory Treatments**

Allegory & Asthma Network, College of Allergy, CHEST

**SHORT ACTING BETA-AGONIST BRONCHODILATORS**

**LONG-ACTING BETA-AGONIST BRONCHODILATORS**

**INHALED CORTICOSTEROIDS**

**COMBINATION MEDICATIONS**

**MUSCARINIC ANTAGONIST (ANTICHOLINERGIC)**

**COMBINATION**

**BIOLOGICS**

**BRONCHIAL THERMOPLASTY**

**PELVY IMPLANTS**

**Respiratory Tools**

Allegory & Asthma Network, College of Allergy

**NEBULIZERS**

**VALVED HOLDING CHAMBERS AND SPACERS**

**MEDICATIONS**

**Short acting beta2 agonist (SABA)**

**Long acting beta2 agonist (LABA)**

**COMBINATION**

**SPINROMETER**

**PEAK FLOW METER**

**IN-CHECK DUAL INSPIRATORY FLOW METER**

**ASTHMA CONTROL TEST**

**ASTHMA ACTION PLANS**



Infographics

**Asthma and COVID-19**

People with asthma have a higher risk of severe COVID-19 illness and death. This is because COVID-19 attacks the lungs, and people with asthma have inflammation in their airways.

**What you need to do...**

**Protection**

- Take your daily asthma controller medication as prescribed.
- Check for and if your prescription air quality and avoid it.
- Wash all respiratory surfaces (e.g., prescription and OTC medications, inhalers, spacer devices) with soap and water.
- Follow your Asthma Action Plan.
- Have your controller, rescue inhaler, spacer and spacer device checked if you have a question or a prescription or if you are unable to use it.
- Avoid your asthma triggers.
- Monitor health care if you have asthma and take care of any changes. Make yourself aware with news and social media. Consider consulting asthma experts. (see page 4)

**Prevention**

- Wash your hands regularly with soap and water.
- Wear your mask frequently and correctly.
- Clean and disinfect frequently touched surfaces.
- Monitor your symptoms and seek care.

**Be sure to** keep your asthma controller medication up to date.

**If you are having difficulty with your asthma, call your doctor or call 911. If you are pregnant, please call your doctor immediately. For more information, visit the website: www.aanet.org. For more information, visit the website: www.aanet.org. For more information, visit the website: www.aanet.org.**

**Asthma Care at School Post COVID-19 Outbreak**

A student presents at the school Health Office with report of respiratory symptoms. **Could it be viral?**

**Maybe?** Request to parent (checklist severity level, School Nurse provide visual supports, Personal Protective Equipment (PPE))

**No** Assess for additional viral symptoms: Fever of over 100.4, Cough without/with wheeze, Nasal congestion, Nausea/vomiting/diarrhea, Headache/stiff neck, Myalgia, Poor appetite, Swelling/pain on hands & feet.

**Yes** Assess for asthma issues & treat as needed: Isolate student, Call parent, Dismiss, refer to healthcare provider (where possible, provide student with mask).

**No** Assess for additional asthma symptoms: Past history of asthma, No fever, Audible wheeze / Cough, Chest congestion or tightness, Breath sounds on auscultation, expiratory wheeze, Fatigue, Mental status, Reports not feeling able to fully participate in daily activities, Stops talking to catch breath.

**Yes** Follow Asthma Action Plan: Green - Follow plan, observe; Yellow - Administer medication as directed, notify parent; Red - Administer medication as directed, Call parent as needed, Call 911 if symptoms are or become severe.

**No** Observe Return to class as appropriate.

Please see Page 2 for Asthma Care Notes.





# Infographics

## How to AVOID the September Asthma Peak

**Asthma flares requiring a hospital or ER visit start to spike in early-to-mid September and decline in mid-October.**

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

### WHY DOES IT HAPPEN?

**A Perfect Storm of Triggers**

- Return to school = exposure to multiple allergens (indoor mold, animal dander) and respiratory irritants (air pollutants from idling school buses)
- High levels of ragweed and mold allergens in outside air
- Easy to catch cold germs and viruses, including the flu
- Irregular medication use from summer months – when children don't follow their asthma medication schedule in summer, they're more at risk for asthma flares in September when they're exposed to more allergens and triggers
- Anxiety and stress associated with the new school year

### ASTHMA STATS

- 25%** of all children's asthma hospitalizations occur in September
- 10.5 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 checkup with your child's doctor before the school year begins.
2. Make sure all asthma medications are refilled prior to start of school year.
3. Take long-acting asthma medications as prescribed by your child's doctor.
4. Keep or carry medications at school, particularly a quick-relief inhaler.
5. Keep a peak flow meter, a device that signals brewing lung problems.
6. Discourage frequent handwashing to reduce risk of catching a cold or a virus.
7. Identify and avoid environmental triggers; if pollen is a problem, talk with teachers about staying inside from outdoor activities.
8. Get the flu vaccine.
9. Follow the Asthma Action Plan and provide one to the school nurse.
10. Maintain good asthma control throughout the entire year, even if symptoms are well controlled during summer.

Sources: American College of Allergy, Asthma & Immunology; The Journal of Allergy and Clinical Immunology; National Jewish Health

## ASTHMA: TAKE ACTION. TAKE CONTROL.

**WHAT IS ASTHMA?**  
If you have asthma, the tubes that bring air into the tiny air passages in your lungs get too tight, which makes it hard to breathe. When you have trouble breathing, you could be having an asthma flare.

**TAKE ACTION**  
Many different triggers can cause an asthma flare. You should learn about the things that make you sick so you can stop an asthma flare before it happens.

**YOU MIGHT...**

- Have trouble breathing
- Have coughing or wheezing fits
- Strain or strain air
- Have trouble sleeping
- Feel tired
- Have trouble going to school
- Feel very tight or very bad

**BECAUSE OF...**

- Allergens in the air
- Flu
- Cold weather

### TAKE CONTROL

1. Tell your doctor or caregiver when it's hard to breathe.
2. Your doctor can help you make an Asthma Action Plan if you want to live an active asthma-free life.
3. Practice your action plan with your caregivers.
4. Asthma doesn't stop you until you get your asthma under control. Get to your doctor or pharmacist.

**YOUR ASTHMA MIGHT BE DIFFICULT TO CONTROL IF:**

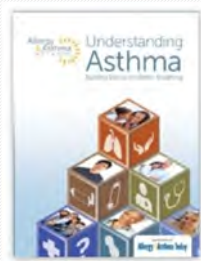
- You feel symptoms of asthma 2+ times a week
- Your asthma wakes you up 2+ times a month
- The run-out of quick-relief medicine 2+ times a year

**DID YOU KNOW?**  
A good asthma action plan means you control your asthma. It also means you're not using your quick-relief medicine.

Washing, Cleaning, Playing Outside

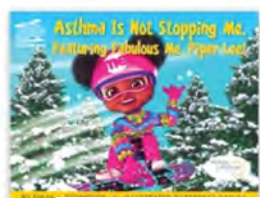
The asthma awareness campaign is supported in part by grants from Bechtel, Foghorn, and Goodwill.

# Understanding Asthma and more!



Understanding Asthma –

An "Asthma 101" guide written at a 6th grade reading level



Asthma is Not Stopping Me featuring the Fabulous Me, Piper Lee–

Piper Lee is off and running -- keeping her asthma triggers away, so she can breathe easy every day.



Peter's Perfect Pipes –

With the help of an old friend and two new friends – an inhaler named Piper and his sidekick, a holding chamber named Aerial – Peter learns how his medications work, how to use them correctly and how to manage his asthma

## App & Online Patient Videos

### Asthma Storylines



### Patient Learning Pathways



## Questions?

*Please record your questions in the Question box on your webinar control panel*

*We will address as many questions as we can*





Join us on **August 12<sup>th</sup> at 4:00 PM Eastern** for the 10<sup>th</sup> webinar in our COVID-19 Webinar Series -



## COVID-19: Fall/Winter Wave & Weather Impact on Asthma, COPD, Flu & More



## Back to School: Considerations for Students with Asthma in the Era of COVID-19



*Thank you for listening!*  
*Get guidelines-based information at*  
*[allergyasthmanetwork.org](http://allergyasthmanetwork.org)*

