

# Become an Asthma- friendly school



## 1

### Assess and implement asthma-friendly practices

Put in place simple, low-cost asthma-friendly practices. See the following page for more asthma-friendly best practices. Many may be legal requirements and practices you are already doing. Other practices might involve:

- ✓ Ensuring students with asthma have an asthma action plan.
- ✓ Implementing a fragrance-free policy.
- ✓ Enforcing vehicle idling policies on school grounds.



## 2

### Nominate your school by **May 31st** each year to be recognized for your efforts

Fill out the form on the Vermont Asthma Program's website. Check all the best practices your school followed since the start of the school year.

## 3

### Go for gold!

Continue using asthma-friendly best practices in your school, even after you're awarded. Reach for more points or the next recognition level the following school year – you can be recognized at the bronze, silver, or gold level.



See what schools have been recognized as asthma-friendly by visiting the link below.

Maintain these best practices and nominate annually to demonstrate your commitment to staff and students to be asthma-friendly!

[www.HealthVermont.gov/wellness/asthma-lung-disease/asthma-friendly-schools](http://www.HealthVermont.gov/wellness/asthma-lung-disease/asthma-friendly-schools)

# Asthma-friendly practices to support asthma control

Review these practices and consider which ones you are already doing and could expand, or which practices your school could start doing.



## Are there plans in place to manage asthma at school?

- Become trained and deliver best practice asthma self-management education (AS-ME) curriculum to students with uncontrolled asthma.
- Ensure students' right to self-carry and self-administer prescribed asthma medication.
- Support referrals to tobacco cessation resources.
- Ensure students with asthma have an asthma action plan and individual health plan.



## Are school staff trained as needed?

- Ensure school staff are trained on asthma basics, asthma management, and asthma emergency response.
- Support staff in receiving a best practice train-a-trainer training in an AS-ME curriculum and refresher trainings on asthma guideline care standards.

## Have you identified students with asthma?



Identifying students with asthma and tracking the following indicators can help identify those with uncontrolled asthma:

- number of asthma-related school nurse visits
- number of asthma-related missed school days
- number of asthma-related urgent care, emergency department, or hospitalization visits



## Is your school using asthma-friendly products?

- Purchase only 3rd party certified cleaning products like those certified by Safer Choice or Green Seal.
- Prevent parents, teachers, and staff from bringing in cleaning and disinfecting products (including disinfecting wipes).
- Put in place a fragrance-free policy.

## Is your school taking steps to improve the school environment?



- Conduct an Envision environmental walkthrough and address findings ([HealthVermont.gov/envision](http://HealthVermont.gov/envision)).
- Create a written indoor air quality management plan to reduce or eliminate allergens and irritants.
- Enforce vehicle idling policies on school grounds.
- Make a plan to modify or change all school buses to a cleaner energy source.