

Health staff in the Chisago Lakes school district encourages students to learn how to manage their asthma so that they can fully participate in school and sports and live a normal healthy life. Many students, especially in high school (and sometimes middle school), carry their asthma quick-relief inhaler with them.

Your child can carry his or her asthma quick-relief inhaler with him or her at school once the school health office receives:

- * written consent from parent
- * written consent from his or her health care provider
- * assessment and approval by the licensed school nurse
- * back-up inhaler to be kept in the school health office

Written consents are needed every year and can come in the form of:

- * an Asthma Action Plan signed by both parent and the health care provider
- * completing the Asthma Medication Authorization form
(call or pick-up copies of these forms in the school health office or your clinic)

Please make an appointment with your child's health care provider for a Well-Asthma Check-up. Your child should have this type of asthma check up at least twice a year. If your child doesn't have a primary health care provider or asthma specialist at a clinic or office, please choose someone and try to always make an appointment with that person.

Ask your child's health care provider to fill out an Asthma Action Plan or complete the school's Medication Authorization form.

The school nurse will meet with your child to assess his or her asthma skills and determine a plan for him or her to carry his/her medicine at school.

Thank you!

Health Assistant	Phone number	FAX number
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Licensed School Nurse	Phone number
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