

When you're having asthma symptoms, using a quick-reliever (QR) inhaler can help you feel better fast. It can even save your life when your symptoms are really bad. So, it's important to always carry your quick-reliever medicine, even when you're at school.



Laws in every state and in Washington, DC, say you're allowed to carry your asthma inhaler in school. This is called "self-carry." It's important that you talk to your parents, your health care provider, and the school nurse or another adult in school about your school's rules.



## What do I need to do to carry my inhaler in school?

Schools almost always require you to get permission from your parent or guardian and your health care provider.

### Some schools will also want:

- Information about what medicine you take and when you need to take it
- A written treatment plan that's kept on file at school
- You to show your medical provider and/or the school nurse that you know how to use your inhaler
- You to notify an adult at school when you've used your inhaler



## What You Need to Know About Carrying Your Asthma Inhaler in **SCHOOL**

### What should I know?

- How and when to use your inhaler
- Your triggers and how to avoid them at school
- Your asthma symptoms
- How to tell when you're having asthma symptoms
- How to tell if your symptoms are getting better or worse
- When to tell an adult at school that you're having symptoms that aren't getting better

### Do all schools have to allow students to carry asthma medicine in school?

No. Public schools are required to let you self-carry, but some private schools may not let you.

#### **SOURCES:**

**Improving Access to Asthma Medications in Schools**

<http://www.lung.org/assets/documents/asthma/improving-access-to-asthma.pdf>

**Asthma Medications in School**

[http://www.lungchicago.org/site/files/487/54229/419920/735317/RHA\\_WYTNK\\_-\\_Asthma\\_Medications\\_in\\_School.pdf](http://www.lungchicago.org/site/files/487/54229/419920/735317/RHA_WYTNK_-_Asthma_Medications_in_School.pdf)