

Living Well with Asthma: Advice for Parents and Carers

1 in 10 people in Australia have asthma, and people with asthma often rate their health a lot worse and report a poorer quality of life than the general population. Children and adolescents with current asthma are more likely to miss days of school/preschool due to asthma and a key aspect of improving quality of life is ensuring that your child or teenager is able to engage fully in physical activity and social aspects of life and learning.

Good asthma control is:

- Symptom free during the day and during physical exercise, reducing the need for reliever medication
- Symptom free at night, allowing for a good night's rest
- Rarely experiencing asthma attacks or exacerbations
- Preventer medication and devices are being used correctly and as prescribed (eg. on a daily basis)
- Having an asthma action plan to follow, both for the school/preschool and at home, and promptly acting on the plan when asthma symptoms occur

Asthma symptoms are not a normal aspect of life and should be taken seriously. Children and teenagers with poor asthma control should be encouraged to seek assistance, and should visit their GP or respiratory physician for an asthma review as soon as possible.



For further information, please contact the Asthma Foundation of Victoria on 1800 645 130 or email schools@asthma.org.au