

**ASTHMA SMART TRAINING FOR  
HEADSTART AND CHILDCARE  
LEARNING PROVIDERS**

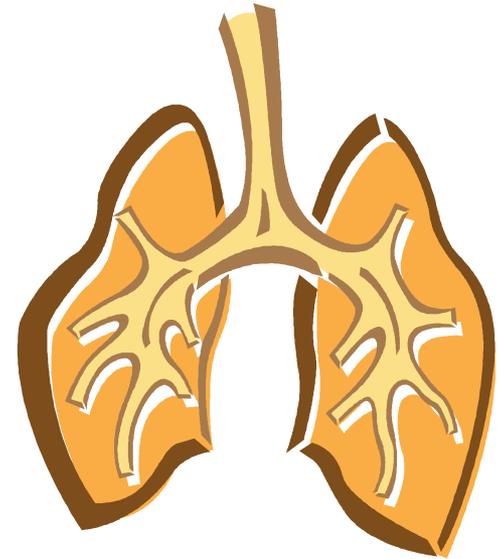


# OBJECTIVES

- At the completion of the training, daycare providers will be able to:
  - Define asthma
  - Identify causes of asthma
  - Identify several indoor and outdoor asthma triggers that may exist in the daycare environment
  - Identify common signs and symptoms of an asthma attack
  - Indicate methods to minimize and/or avoid asthma triggers in the daycare environment
  - Identify ways to manage children diagnosed with asthma while in a childcare facility
  - Provide resources to parents of asthmatic children who attend the daycare facility

# WHAT IS ASTHMA?

- Asthma is a chronic, inflammatory disease of the respiratory system that causes the airways of the lungs to tighten and constrict



# ASTHMA FACTS

- Currently, there is no cure for asthma
- Asthma is the leading cause of missed school days among school-aged children
- Children from lower income families and those living in urban areas or unclean areas are more at risk for asthma
- Asthma accounts for many hours of disrupted sleep and routine activities
- Asthma and allergies are often related and influence one another



# CAUSES OF ASTHMA

- There is no single cause for asthma
- Children are more likely to develop asthma if their parents have it
- Exposure to some viral infections as infants when the immune system is not fully developed may lead to asthma

# SIGNS & SYMPTOMS

- Common signs and symptoms include:
  - Excessive coughing
  - Wheezing
  - Chest tightness
  - Shortness of breath



# INDOOR ASTHMA TRIGGERS

- Animal dander
- Cockroaches
- Mold
- Secondhand smoke
- Dust
- Dust mites
- Perfumes & sprays



# OUTDOOR ASTHMA TRIGGERS

- Pollen
- Air pollution
- Cold air exposure
- Secondhand smoke



# OTHER ASTHMA TRIGGERS

- Respiratory infections
- Foods
- Allergies
- Exercise

# ASTHMA TRIGGERS IN THE CHILDCARE ENVIRONMENT

- Common asthma triggers found in the daycare and or school environment include:
  - Cockroaches
  - Rodents
  - Mold
  - Animal dander
  - Dust and dust mites
  - Cleaning products



# ASTHMA TRIGGERS IN THE CHILDCARE ENVIRONMENT

- **Animals and Pests**

- Keep classroom pets in clean, caged environments
- Isolate classroom pets away from children diagnosed with asthma or known allergies
- Place animals away from air vents to avoid circulation of dander
- Place animals away from upholstered furniture and stuffed toys
- Opt to keep an animal free facility

# ASTHMA TRIGGERS IN THE CHILDCARE ENVIRONMENT

- Animals and Pests

- Keep food containers sealed and properly stored
- Remove food particles off of tables and countertops
- Sweep, vacuum, and mop floors regularly
- Remove trash daily



# ASTHMA TRIGGERS IN THE CHILDCARE ENVIRONMENT

- Animals and Pests
  - Fix plumbing and moisture problems as soon as possible
  - Do not leave standing water in air conditioning or refrigerator drip pans

# ASTHMA TRIGGERS IN THE CHILDCARE ENVIRONMENT

- Animals and Pests
  - Place dumpsters away from the building to minimize opportunities for pests to enter
  - Remove areas of clutter where pests may hide
  - Seal cracks and crevices in the building's foundation through which pests can enter



# ASTHMA TRIGGERS IN THE CHILDCARE ENVIRONMENT

- Mold and Moisture Control
  - Fix plumbing and moisture problems as soon as possible to minimize or prevent mold growth
  - Provide adequate ventilation in the classroom
  - Report signs of water damage and/or mold growth as soon as noted
  - Avoid installing carpet in areas likely to be exposed to moisture

# ASTHMA TRIGGERS IN THE CHILDCARE ENVIRONMENT

- Secondhand Smoke
  - Ensure that the daycare facility is a smoke-free facility
  - Educate staff that smoke to do so outside and away from the building
  - Encourage staff to educate parents that smoke to do so away from the building



# ASTHMA TRIGGERS IN THE CHILDCARE ENVIRONMENT

- Dust and Dust Mites
  - Keep classrooms as clean and clutter free as possible
  - Dust furniture regularly with a damp cloth and allow sufficient time to dry
  - Wash stuffed toys often



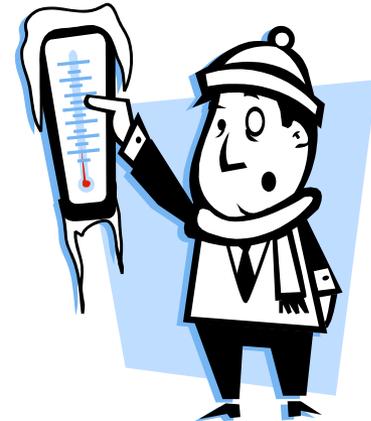
# ASTHMA TRIGGERS IN THE CHILDCARE ENVIRONMENT

- Perfumes and Cleaning Products
  - Limit the use of scented aerosols and perfumes in the classroom
  - Use cleaning supplies in the absence of children and in areas with adequate ventilation



# ASTHMA TRIGGERS IN THE CHILDCARE ENVIRONMENT

- Outdoor Triggers
  - Be mindful of outside play time when grass is being cut
  - Consider limited outside play time when the weather is extremely cold



# PREVENTING AND MANAGING ASTHMA EPISODES

- Prevention
  - Maintain an asthma friendly environment in the daycare facility
  - Educate staff on their role to help ensure their classroom is asthma friendly

# PREVENTING AND MANAGING ASTHMA EPISODES

- Managing Children with Asthma
  - Have parents document their child's asthma status upon enrollment into the facility
  - Have parents to document and review what measures need to be taken if their child has an asthma exacerbation



# PREVENTING AND MANAGING ASTHMA EPISODES

- Managing Children with Asthma
  - Ensure appropriate staff are aware of their students' asthma status and how to respond
  - Always notify parents when a child has an asthma episode at school even if it is resolved
  - Be sure that staff know when it is appropriate to call 911 for additional help

# QUESTIONS

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# CONTACT INFORMATION

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