



Guidance for Schools – Asthma management in relation to COVID-19 Pandemic

This guidance has been written to enable school staff to support the return of children with asthma into school for the beginning of a new academic year. Some parents have expressed their anxiety at their children, who have asthma, returning to school because of COVID-19

Dr. Louise Flemming, a paediatric respiratory consultant, has conducted a study which she has been published by Asthma UK. There are three main findings:

1. The majority of symptomatic COVID cases in children, which were few in number, are significantly milder than in adults
2. In the small number of children who become unwell and were COVID positive when tested asthma did not seem to be a risk factor
3. During lockdown there has been a drop in asthma related admissions to hospital for children. It was originally thought this may be due to people being reluctant to attend hospital. However, research has shown that parents have said that their child's asthma has been better controlled. This can be due to a number of factors including social distancing, shielding, less traffic emissions meaning less pollution. However, children who have been at home for a prolonged period have also more exposure to possible allergens including house dust mites and cigarette smoke.

There is therefore no reason why a child with asthma should not be able to return to school. The following safety measures should be in place to support and protect them:

1. Social Distancing
2. Maintain asthma medication regime and attend asthma related appointments as normal
3. Parents or school can complete a personal asthma plan which can be found on the Asthma UK website.

Further information and support is available by following the link below:

<https://www.asthma.org.uk/advice/child/back-to-school/>

Further support can be obtained from your school nurse team.

We hope the above is reassuring in regards to pupils with asthma returning to school.

Janet Savage – Clinical Lead; Julie Bostock – Practice Teacher .
Birmingham School Health Support Service. 11/08/2020
Reference www.asthma.org.uk