

READY TO PLAY?



ASTHMA CHECKLIST FOR LATE SUMMER & FALL PLAY

ELEMENTARY STUDENTS



**Rescue Inhaler
+ Spacer**



**Asthma Action
Plan**



**Daily Medicine
If Prescribed**



Warm-Up & Water



**Warm-Up
+ Water**

KNOW YOUR FALL TRIGGERS

- **Hot weather**
slow down and drink water
- **Smoke/air quality**
tell a grown-up
- **Pollen + mold**
ask about forecasts
- **Cold mornings**
warm up slowly

BEFORE PLAY: CHECK YOUR ACTION PLAN

Tell your teacher, coach, parent, or school nurse if breathing feels hard.

Questions? Ask your school nurse before recess, PE, practice, or game day.