

Asthma and sleepovers

A new or unfamiliar environment could trigger your child's asthma or allergies. Make sure your child's asthma is well-managed before you consider whether staying the night at a friend's place is right for your child, especially if they have never stayed there before. It is also important your child feels comfortable enough to ask for help if they start to experience symptoms during their stay.



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Disclaimer: It is important to note that information contained in this fact sheet is not intended to replace professional medical advice. Any questions regarding a medical diagnosis or treatment should be directed to a medical practitioner.

Managing triggers

- Ask if the friend's home is cigarette and smoke free as this can trigger asthma symptoms.
- Find out if there are any pets your child is allergic to.
- Provide a sleeping bag or other bedding to reduce possible symptoms due to dust.
- Provide a plastic sheet or sleeping mat for between flooring and bedding if your child is sleeping on the floor.
- Make sure that the adult in charge and your child are aware of possible activities that could be an issue e.g. pillow fights, hide-and-seek in high pollen areas.
- Make sure the adult in charge is aware of any food allergies your child may have.

Medications

- Put your child's medications as well as a copy of their asthma action plan into a small bag so they can easily access it.
- If your child is young, then give the bag to the adult in charge. Make sure they understand what care is needed and what to do in case of an emergency.

School camps

- Make sure the school has an up-to-date copy of your child's asthma action plan and enough medication to last the entire trip, plus some extra.
- Make sure teachers or parents supervising the trip understand how to treat your child if they experience an asthma attack, particularly in remote locations.