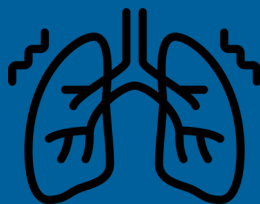


Asthma and sleepovers

Asthma symptoms for children and adolescents during sleepovers



COUGH



WHEEZE



CHEST TIGHTNESS



SHORTNESS OF BREATH

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.

Managing triggers

- Ask if the friend's home is vape, cigarette and smoke free as this can trigger asthma symptoms.
- Find out about any pets that your child might be 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, dusty or mouldy 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.

If your child experiences asthma during a sleepover:

- Follow their personal written asthma action plan
- If they don't have an action plan, take 4 separate puffs of a blue/grey reliever via a spacer
- If the symptoms aren't going away or are getting worse, then follow the steps in **First Aid for Asthma**

Asthma and sleepovers



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.

First Aid for Asthma chart tailored to combination inhalers

- [First Aid for Asthma 12+](#)
- [First Aid for Asthma Children Under 12](#)
- [First Aid for Asthma Combination Inhalers](#)

Download First Aid for Asthma Charts



Download Written Asthma Action Plans



ASTHMA ACTION PLAN
Take this ASTHMA ACTION PLAN with you when you visit your doctor

ASTHMA ACTION PLAN Take this ASTHMA ACTION PLAN with you when you visit your doctor Name: _____ Address: _____ Phone: _____ Email: _____ Date: _____ Signature: _____ Date: _____	ASTHMA ACTION PLAN Take this ASTHMA ACTION PLAN with you when you visit your doctor Name: _____ Address: _____ Phone: _____ Email: _____ Date: _____ Signature: _____ Date: _____
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WHEN WELL Asthma under control - continue as usual **ALWAYS CARRY YOUR RELIEVER WITH YOU**

WHEN NOT WELL Asthma getting worse - you need to take more medicine

IF SYMPTOMS WORSEN Asthma getting worse - you need to take more medicine

DANGER SIGNS Call your doctor or go to hospital immediately

DIAL 000 FOR AMBULANCE

 **National Asthma Council** AUSTRALIA

ASTHMA ACTION PLAN
WHAT TO LOOK OUT FOR

WHEN WELL THIS MEANS:

WHEN NOT WELL THIS MEANS ANY ONE OF THESE:

IF SYMPTOMS GET WORSE THIS MEANS:

DANGER SIGNS THIS MEANS:

DIAL 000 FOR AMBULANCE

PREVENTIVE Your preventer medicine works quietly to make breathing easier by making the airways smaller.

RELIEVERS Your reliever medicine works quickly to make breathing easier by making the airways smaller.

 **National Asthma Council** AUSTRALIA

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.