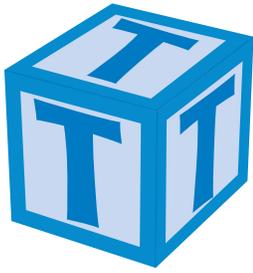




sthma resources





Training Opportunities for Child Care Professionals



The Healthy Child Care Ohio Program at the Ohio Department of Health, in conjunction with Ohio Department of Job and Family Services, is currently offering the following training opportunities for child care professionals. These services are available throughout the state.

Managing Asthma in the Child Care Setting

Registered nurses can provide free consultation to assist centers in developing policies and procedures related to asthma, managing the environment to create a more asthma-friendly child care center and general information about medication administration to children with asthma.

Training and consultation is available to child care centers through the Healthy Child Care Ohio Program at the Ohio Department of Health. For more information about the nurse in your area, contact the Healthy Child Care Ohio Program at (614) 644-8389.

Medication Administration

This two-hour course includes all of the training components mandated by the State's licensing regulations for the administration of oral, topical and automatic injectable medications (commonly referred to as the Epipen). Classes are being taught by registered nurses. Participants who complete this course will receive a manual of the training to use as a reference tool plus skills to be used at their center.

The cost of this course is minimal and may be free in some areas. Classes are limited to 12-15 participants, so early registration is suggested.

For more information about this training opportunity in your area, call the Healthy Child Care Ohio Program.

**HEALTHY CHILD CARE OHIO
BUREAU OF EARLY INTERVENTION SERVICES
OHIO DEPARTMENT OF HEALTH
(614) 644-8389**



Glossary of Terms



Allergen - A foreign substance that leads to an allergic reaction. Examples are dust, molds, animal dander and pollens.

Allergic Reaction - An abnormal immune response to a substance (allergen) that does not generally cause a reaction in most people.

Anti-inflammatory Medication - A medicine that reduces the symptoms and signs of inflammation in the lungs by reducing the swelling of the airways. It helps control asthma over the long term. Inhaled corticosteroids are examples of anti-inflammatory medications.

Asthma - A chronic inflammatory lung disease that affects the airways in the lungs causing difficulty with breathing. Asthma attacks are triggered by allergens, infections, exercise, cold air and other factors.

Asthma Management Plan (also called an Asthma Action Plan) - A written document developed by the physician in conjunction with the person with asthma and his/her family. It outlines exactly what the person with asthma needs to do depending on how he/she is feeling.

Bronchodilator Medications - A group of inhaled drugs that widen the airways in the lungs, providing quick relief. These are known as “rescue” medications.

Control Medications - These medications work over the long term to reduce inflammation of the airways associated with asthma. These decrease the risk of an asthma attack.

Corticosteroid Drugs - A group of anti-inflammatory drugs that reduce the swelling of the airways. These are usually taken with an inhaler but may be taken by mouth during a crisis.

Dander - Small scales from animal skin. This is a common allergen.

Immune System - The system within the body that identifies and gets rid of harmful foreign substances.

Inflammation - Redness and swelling in a body tissue like the nose, lung or skin. This can be caused by chemical or physical injury, infection or exposure to an allergen.

Inhaled Steroids - Medicines that prevent asthma symptoms if taken regularly at adequate doses. The medicine is taken by inhaler only.

Inhaler - A device for giving medications by inhalation.

Nebulizer - A machine that pumps air through a liquid medicine. This makes the medicine bubble until a fine mist is formed. The mist is breathed in.

Peak Flow Meter - It looks like a tube and is held in the hand. It is used to measure the speed at which a person can push air out of their lungs. Measuring peak flow can tell you how well asthma is being controlled even before symptoms appear.

Relief (Rescue) Medications - Short-term medications that provide quick relief to the airways during an asthma attack.

Respiratory System - The group of organs responsible for breathing. This includes the nose, throat, airways and the lungs.

Spacer - A tube that attaches to an inhaler. More medication gets to the lungs when you use a spacer.

Symptoms - Physical changes or feelings that show a disease or condition exists. For asthma these may be coughing, wheezing, breathing difficulty or a tightness in the chest.

Triggers - Activities, conditions or substances that cause the airways to react and asthma symptoms to occur. Some examples of possible asthma triggers are dust mites, mold, changes in temperature, tobacco smoke and furry pets. Triggers are different for each person.

ASTHMA - FRIENDLY CHILD CARE

A Checklist for Parents and Providers



ASTHMA & ALLERGY FOUNDATION OF AMERICA/New England Chapter,
with funding from the U.S. Environmental Protection Agency, Region I



Asthma is the most common chronic childhood disease. Children with asthma have sensitive airways. They are bothered by many things that start (or “trigger”) their symptoms and make their asthma worse. The most common asthma triggers are allergies to dust mites, cockroaches, animal dander, mold, and pollens, and exposure to irritating smoke, smells, or very cold air. Children’s asthma can also be triggered by excessive exercise Or an upper respiratory infection. The airways of people who have asthma are “chronically” (almost always) inflamed or irritated, especially if they are exposed to their triggers every day. This makes it hard for them to breathe.

Asthma can be controlled by being aware of its warning signs and symptoms, using medicines properly to treat and prevent asthma episodes. and avoiding the things that trigger asthma problems. Each child’s asthma is different. so it is important to know the asthma triggers and treatment plan of each individual.

Use this checklist to learn how to make your child care setting a safe and healthy environment for children with asthma and allergies.

	Needs Improvement	O.K.
Avoiding or Controlling Allergens		
<i>Dust mites</i>		
Surfaces are wiped with a damp cloth often. (No aerosol “dusting” sprays are used.)	<input type="checkbox"/>	<input type="checkbox"/>
Floors are cleaned with a damp mop daily.	<input type="checkbox"/>	<input type="checkbox"/>
Small area rugs are used, rather than wall-to-wall carpeting, Woven rugs that can be washed in hot water are best- (Water temperature of at least 130°F/54°C kills dust mites.)	<input type="checkbox"/>	<input type="checkbox"/>
If carpeting can’t be avoided, children are prevented from putting their faces, nap mats, blankets or fabric toys directly on the carpet.	<input type="checkbox"/>	<input type="checkbox"/>
Children’s bed linens, personal blankets and toys are washed weekly in <u>hot</u> water.	<input type="checkbox"/>	<input type="checkbox"/>
Fabric items (stuffed toys or “dress up” clothes) are washed weekly in <u>hot</u> water to kill dust mites.	<input type="checkbox"/>	<input type="checkbox"/>
Furniture surfaces are wiped with a damp cloth.	<input type="checkbox"/>	<input type="checkbox"/>
Soft mattresses and upholstered furniture are avoided.	<input type="checkbox"/>	<input type="checkbox"/>
Beds and pillows that children sleep or rest on are encased in special allergy-proof covers.	<input type="checkbox"/>	<input type="checkbox"/>
Curtains, drapes, fabric wall hangings and other “dust catchers” are not hung in child care areas.	<input type="checkbox"/>	<input type="checkbox"/>
If light curtains are used, they are washed regularly in hot water.	<input type="checkbox"/>	<input type="checkbox"/>
If window shade or blinds are used, they are wiped often with a damp cloth.	<input type="checkbox"/>	<input type="checkbox"/>
Books, magazines and toys are stored in enclosed bookcases, covered boxes, or plastic bins.	<input type="checkbox"/>	<input type="checkbox"/>
Supplies and materials are stored in closed cabinets; piles of paper and other clutter that may collect dust are avoided.	<input type="checkbox"/>	<input type="checkbox"/>
<i>Animal substances: (both pets and pests shed dander, droppings, and other proteins which cause allergic responses and trigger asthma symptoms)</i>		
Furry or feathered pets are not allowed anywhere on the premises (cats, dogs, gerbils, hamsters, birds, etc.).	<input type="checkbox"/>	<input type="checkbox"/>
Cockroaches and mice infestation are aggressively controlled, using preventive practices and least toxic extermination methods (see “Cleaning and Maintenance,” page 3).	<input type="checkbox"/>	<input type="checkbox"/>
Feather-stuffed furnishings, pillows or toys are not used.	<input type="checkbox"/>	<input type="checkbox"/>

	Needs Improvement	O.K.
<i>Mold and mildew:</i>		
Exhaust fans are used in bathrooms, kitchens and basement areas to help remove humidity.	<input type="checkbox"/>	<input type="checkbox"/>
Wet carpeting and padding are removed if not dry within 24 hours to prevent mold growth.	<input type="checkbox"/>	<input type="checkbox"/>
Mats that are placed on carpeted floors (especially in basement areas) are vinyl-covered, and wiped regularly with diluted chlorine bleach and water (1/4 cup bleach in 1 gallon water).	<input type="checkbox"/>	<input type="checkbox"/>
Mildew growth in bathroom and other damp areas (such as refrigerator drip pans) is prevented by regular wiping with diluted chlorine bleach and water.	<input type="checkbox"/>	<input type="checkbox"/>
Indoor houseplants and foam pillows, which can develop mold growth, are not used.	<input type="checkbox"/>	<input type="checkbox"/>
<i>Outdoor pollens and mold spores:</i>		
If ventilation is adequate, windows are kept closed during periods of high pollen count.	<input type="checkbox"/>	<input type="checkbox"/>
Air conditioners with clean filters are used during warm seasons, if possible.	<input type="checkbox"/>	<input type="checkbox"/>
Outdoor yard and play areas are kept clear of fallen leaves, compost piles, and cut grass.	<input type="checkbox"/>	<input type="checkbox"/>
<i>Latex: (products made with natural rubber)</i>		
Avoid latex gloves. If gloves are used, use only non-powdered, non-latex gloves.	<input type="checkbox"/>	<input type="checkbox"/>
Avoid latex balloons, pacifiers, koosh balls and other latex products (if child or staff member has latex sensitivity).	<input type="checkbox"/>	<input type="checkbox"/>
Ideas for improvement: _____		

Avoiding or Controlling Irritants

<i>Tobacco Smoke: (triggers asthma symptoms; causes children to have more respiratory and ear infections. and to need more asthma medication)</i>		
Smoking is not allowed anywhere on the premises. This rule is strictly enforced.	<input type="checkbox"/>	<input type="checkbox"/>
Staff and parents are encouraged to participate in smoking cessation programs, and given referrals and assistance.	<input type="checkbox"/>	<input type="checkbox"/>
<i>Chemical Fumes, Fragrances, and other Strong Odors:</i>		
Arts and crafts materials with fragrances or fumes are avoided (e.g., markers, paints, adhesives). If they are used, extra ventilation is provided.	<input type="checkbox"/>	<input type="checkbox"/>
Staff does not wear perfume or other scented personal products, (Use “fragrance-free” products.)	<input type="checkbox"/>	<input type="checkbox"/>
Personal care products (such as hair spray, nail polish, powders) are not used around the children.	<input type="checkbox"/>	<input type="checkbox"/>
Air fragrance sprays, incense, and “air fresheners” are not used. (Open the windows and/or use exhaust fans instead.)	<input type="checkbox"/>	<input type="checkbox"/>
New purchases (such as pressed-wood furnishings or plastic laminated products) are checked for formaldehyde fumes, and aired out before installation.	<input type="checkbox"/>	<input type="checkbox"/>
Cleaning supplies and home repair products with strong smells are not used when children are present; indoor spaces are carefully ventilated during and after their use.	<input type="checkbox"/>	<input type="checkbox"/>
Office equipment that emits fumes (e.g., photocopiers) are in vented areas away from the children.	<input type="checkbox"/>	<input type="checkbox"/>
<i>Other Irritants:</i>		
Fireplaces and wood or coal stoves are not used.	<input type="checkbox"/>	<input type="checkbox"/>
Ideas for improvement: _____		

Needs Improvement O.K.

Policies and Practices

Asthma Management and Care:

- All staff are trained to watch for symptoms of asthma, warning signs that asthma is flaring up, and how to recognize emergency situations. New staff receive this training when hired.
- Every child with asthma has a written plan on file, listing allergies and asthma triggers, medication schedule, and emergency instructions.
- Staff is trained to administer medication, and in the use and care of nebulizers, inhalers, spacers, and peak flow meters.
- Staff takes medications and emergency action plans on field trips and to other off-site locations.
- Parents and providers communicate regularly about the child’s asthma status.
- Outdoor time is adjusted for cold-sensitive or pollen-sensitive children, and alternative indoor activities are offered. (After an asthma episode or viral infection, they are also more sensitive.)
- Staff and children wash hands frequently; toys and surfaces are wiped often, to prevent the spread of viral infections that can trigger asthma.

General Physical Site/Space:

- Ventilation provides good air flow in all rooms and has in every season. There is no stale or musty smell. Outdoor intake and inside supply vents are checked for blockages.
- Heating or cooling system filters are properly installed, and changed often; other service guidelines and routine maintenance procedures are followed.
- Heating or cooling ducts are professionally cleaned once a year.
- Outdoor fumes (such as from car exhaust, idling vans or buses, or nearby businesses) are prevented from entering the building through open windows or doors.
- The building is checked periodically for leaks and areas of standing water.
- Plumbing leaks are fixed promptly.
- Humidity level is monitored, using a humidity gauge, if possible. Humidifiers are not used; dehumidifiers are used if necessary, (Dust mites and mold thrive on humidity; keep below 50%.)
- Wet boots and clothing are removed and stored where they don’t track wetness into activity space.
- Doormats are placed outside all entrances, to reduce tracking in of allergens.

Cleaning and Maintenance:

- If rugs or carpets must be used, they are vacuumed frequently (every day or two).
- High efficiency vacuum cleaner (ideally with a “HEPA” filter) is used. (Others blow tiny particles back into the air.)
- Dusting is done often, with a damp cloth, to avoid stirring up the dust.
- Vacuuming and other cleaning is done when children are not present.
- Integrated pest management techniques are used, to limit amount of pesticide needed (e.g., seal all cracks in walls, floors and ceilings; eliminate clutter, keep food in airtight containers).
- Pesticides are applied properly, with adequate ventilation, when children are not present.
- Garbage is kept in tightly covered containers, and removed promptly to outdoor enclosed trash area that is not accessible to children.
- Painting, repairs or construction work is done when children are not present. Indoor spaces are protected from construction dust, debris, strong odors and fumes.
- Shampooing of rugs and upholstery is done with low emission, fragrance-free products. They are dried thoroughly to prevent growth of mold and dust mites.

Ideas for improvement: _____

FAMILY DAY CARE: Special Concerns

When children are cared for in “family day care” settings, they are exposed to things that are part of daily life in that household, some of which may be harmful for children with asthma. Parents and providers need to have honest discussions about these issues, which may involve sensitive matters. For example:

- members of the provider’s family may smoke cigarettes in the home, or use strong-smelling perfumes or lotions;
- the family may have pets, or acquire new pets, to which the asthmatic child is allergic;
- the home may have a wood stove, fireplace or space heater that produces particles or fumes that irritate sensitive airways;
- home furnishings are likely to include upholstered chairs and sofas that contain dust mite allergen;
- hobbies or home repairs may produce fumes or strong odors.

The habits and activities of a child care provider’s family may need to be adjusted, in order to provide a healthy environment for all children who spend time in the household. Parents of children with asthma need to find out whether asthma triggers are present. In some circumstances, they may need to make other child care arrangements. Child care centers housed in public or private buildings may also have limits on their ability to improve their indoor air quality and remove all asthma triggers.

For more information:

Asthma & Allergy Foundation of America/New England Chapter

220 Boylston Street, Chestnut Hill, MA 02467 Tel. (617) 965-7771 Toll-free: 1-877-2-ASTHMA

- Single copies of free brochures: “Asthma Basics,” “Allergy Basics,” “Tobacco Smoke: It Takes Our Breath Away,” “Child Care Asthma Action Card,” and others.
- Copies of this checklist are also available in Spanish, Portuguese, and Haitian Creole,
- Resource List: a catalog of books, videos, and educational materials for all ages. Highlights include:
 - *You Can Control Asthma*, an easy-to-read workbook on all aspects of asthma management. (\$5.50 each, or \$9.00 for a set of “Family’ and “Child” versions) (also available in Spanish)
 - *Taming Asthma and Allergy by Controlling Your Environment* by Robert Wood, M.D., which clearly explains why and how to avoid allergens and irritants. (paperback book, \$15.00)
 - *Household Allergies: Dust, Mold, Pets, and Cockroaches* (booklet, \$1.50)

Connecticut Department of Public Health

410 Capitol Ave., P.O. Box 340308, MS#11EOH, Hartford, CT 06134

- Information about asthma and resources in Connecticut are available at (860) 509-7742 or on the CT DPH website: www.dph.state.ct.us.

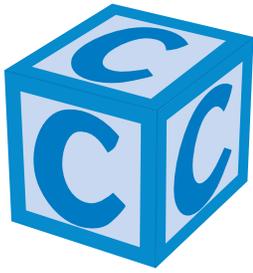
National Resource Center for Health & Safety in Child Care Check website (<http://nrc.uchsc.edu>) or call 800-598-KIDS for a wealth of information, including Smoke-Free Child Care materials for parents and kids.



This checklist was developed by the Asthma & Allergy Foundation of America/New England Chapter, with the support of a grant from the U. S. Environmental Protection Agency, Region I

6/20/02





Cigarette Smoke and Asthma



Yes, there is a connection!

- Children whose mothers smoke are twice as likely to get asthma. They need more asthma medicine and go to the hospital more often.
- Cigarette smoke causes up to 26,000 new cases of asthma in children each year.
- Tobacco smoke triggers asthma and makes those with asthma more sensitive to their other asthma triggers, such as pollen, mold and dust mites.

Help Children Stay Healthy

Keep your home, car and child care SMOKE FREE

To order the Smoke Free Home Kit
or to take the Smoke Free Home Pledge:

Call 1-866-SMOKE-FREE

To order other information about second hand smoke and creating smoke free environments:

**Call the USEPA Indoor Air Quality Hotline at
1-800-438-4318**



How to Help Children With Asthma Stay Healthy



1) Find out what starts the child's asthma symptoms.

Avoid those things, both at home and at child care.

Even if a child with asthma is not having symptoms his/her lungs are sensitive to irritants in the environment. These irritants, or triggers, are things such as dust mites, mold, animal dander and tobacco smoke. The more often a child is exposed to triggers at home and at child care, the more often the child will have asthma symptoms. The symptoms are also likely to be more severe and may require hospital care. It is important to find out what triggers a child's asthma. Discovering a child's triggers is mostly done by observation but allergy testing may help.

2) Learn about the different kinds of asthma medicines, and use them properly.

Long-Term Control Medicines:

- Help prevent asthma episodes by making airways less sensitive to triggers.
- Control swelling and inflammation inside the airways.
- Must be taken every day (even if the child is feeling OK).

Quick-Relief Medicines:

- Used to relieve symptoms during an asthma episode.
- Open airways by relaxing muscles that are tight.
- Can be given by nebulizer, inhaler or injection.
- Work quickly but last only a few hours.
- Needing these medicines more than 2 times a week indicate lack of control.

3) Watch for early warning signs of asthma.

Early warning signs of an asthma episode include:

- | | |
|-------------|-------------------------------------|
| Coughing | Itchy or scratchy throat |
| Watery eyes | Feeling of "tightness" in the chest |
| Headache | Sneezy or runny nose |
| Tummy ache | Feeling dizzy or tired |

Wheezing is a common symptom but may not be audible without a stethoscope.

A peak flow meter is a simple device that can help children over 5 to know when their asthma may be getting worse, even before they feel symptoms.

4) Know what to do if the child's asthma gets worse.

Have policies and procedures in place so you can respond quickly and appropriately when a child has an asthma episode.

Have an Asthma Action Plan for every child who has asthma.



resources



The following organizations, web sites, videos and books are a sample of the national and local resources available on asthma for child care providers. *This list is not an all-inclusive list.*

Ohio

Ohio Department of Health • (614) 644-7630

<http://www.odh.state.oh.us>

Web site provides education information for the general public and parents of children with asthma. It also provides information on indoor air quality.

American Lung Association of Ohio • 614-279-1700 or 1-800-LUNG-USA

<http://www.ohiolung.org>

Web site provides comprehensive asthma information as well as programs and activities in Ohio.

Ohio Child Care Resource and Referral Association

<http://www.ocerra.org>

Web site provides training and resource opportunities for child care providers, including this manual.

Ohio Department of Job and Family Services

<http://jfs.ohio.gov>

Web site provides information regarding licensing and training opportunities for child care facilities and providers.

National

Allergy and Asthma Network/Mothers of Asthmatics, Inc. • 1-800-878-4403 or 703-641-9595

<http://www.aanma.org>

Comprehensive Web site which includes a section on child care, information about pets, keeping kids healthy at school, games and activities for children, information on asthma medication and devices and legal and legislative resources.

American Academy of Allergy, Asthma, and Immunology • 1-800-822-2762

<http://www.aaaai.org>

Section for patients and consumers includes fun links for children in English and Spanish, news updates, links to pollen counts across the country and resources.

American College of Allergy, Asthma, and Immunology • 1-800-842-7777

<http://www.allergy.mcg.edu>

Contains asthma information for the general public including asthma questionnaires for all ages, glossary of terms, press releases and news bulletins.

Asthma and Allergy Foundation of America, New England Chapter • 1-877-2-ASTHMA

<http://www.asthmaandallergies.org>

Includes a section specifically for child care providers. Web site is comprised of frequently asked questions, information on how to control asthma triggers at home, child care and school, links to find your local pollen count and other asthma information. Also look for the handout on managing food allergies for children in child care. National website is www.aafa.org.

Food Allergy Network • 1-800-929-4040

<http://www.foodallergy.org>

Includes helpful information on food allergies and anaphylaxis. The Web site has featured topics, research, advocacy and frequently asked questions.

National Jewish Medical and Research Center (Lung Line) • 1-800-222-5864

<http://asthma.nationaljewish.org/about/kids/wizard.php>

Excellent website for teaching children about asthma. “The Asthma Wizard” is a fun, interactive educational program for children in English and Spanish.

<http://asthma.nationaljewish.org>

Personal interactive diary to help track symptoms, medicines and quality of life. Also has lots of tools for living with asthma including basic information, treatments and medications, and tools for managing asthma. See links to the asthma wizard.

<http://www.asthamamoms.com>

AsthmaMoms is a network of concerned parents of children with asthma. Provides extensive lists of links to asthma-related information for families, including resources about asthma triggers, medications, legislation, medical literature, statistics, initiatives and camps. Information in Spanish is available.

Learning Kit

A is For Asthma (American Lung Association): A preschool educational program designed for childcare professionals in English and Spanish. It was developed by Children’s Television Workshop and funded by the Prudential Foundation for the American Lung Association. The fully bilingual 15-minute video builds awareness of the increase of childhood asthma in preschoolers three to six years of age and provides support to families and health and childcare providers who are caring for children with asthma. To order, please call the American Lung Association of Ohio at (614) 279-1700 or the national number at 1-800-LUNG USA.



Books

The following books may be helpful when teaching children about asthma. They are meant to inform and entertain.

You Can Control Asthma: A Book for the Family

You Can Control Asthma: A Book for Kids (Asthma and Allergy Foundation of America)

A set of easy-to-read books in both Spanish and English. One book is for the family and the other is for children ages 6–12 to help learn everything about asthma. Information is provided about how to prevent asthma attacks, what to do when an attack occurs and how to use peak flow meters, spacers and inhalers. Kids have their own workbook that helps them to make choices and to feel more comfortable with their asthma. Order by telephone at 1-800-7-ASTHMA.

The ABC's of Asthma

by Kim Gosselin

Very easy ABC book. Provides basic information about asthma.

I'm Tougher Than Asthma

by Alden R. Carter and Siri M. Carter

Written by a young girl with asthma and her mother. Includes photos of the girl and her family and a resource section.

Kids Breathe Free: A Parent's Guide for Treating Children with Asthma

Pritchett & Hull Associates, Inc.

Written for parents, but the simple text and cartoon pictures make it a good book to share with children. Includes charts, treatment plans and resources.

The Lion Who Had Asthma

by Jonathan London

Written for the young child with asthma. Sean loves to pretend he is a lion, but must first cope with his asthma. Easy text and colorful pictures.

Luke Has Asthma, Too

by Alison Rogers

Luke has an older cousin who teaches him some aspects of asthma management and serves as a general role model.

Zooallergy

by Kim Gosselin

Story of a trip to the allergist and then a trip to the zoo. Asthma triggers are found and fun is had by all.

Publications developed specifically for child care providers and parents:

The Asthma Solutions Handbook

A Guide for Developing Asthma Partnership Programs with Child Care Centers and Parents of Preschool Children

And

Helping Your Child Live With Asthma

A Parents' Handbook

These comprehensive asthma handbooks provide information on managing asthma, handling asthma emergencies, incorporating asthma education into the child care setting and teaching children about asthma through creative, hands-on activities and games. Both publications were developed by Columbia University, School of Public Health, in collaboration with Asthma Basics For Children and the Northern Manhattan Community Voices Asthma Initiative.

For ordering and cost information, contact The Asthma and Allergy Foundation of America (202) 466-7643.