

## September Asthma Surge Facts and Tips

According to the Asthma Canada, **September is Asthma Peak Month**. The back-to-school period brings a dramatic increase in hospitalizations for children with asthma, **peaking about the third week in September**. Kids are back in close contact with each other and share germs, like the common cold, that can trigger asthma in young children. Here are some tips to help reduce the asthma flare-up.

### Did you know?

- Asthma affects roughly 20 percent of children under 9 years old.
- Colds cause up to 85 percent of asthma triggers in young children.
- School-aged kids have eight colds a year per average.
- On average, the asthma–related hospitalization rate for school-aged children peaks 17.7 days after Labour Day.
- More than 20,000 children are hospitalized for asthma across Canada each year.

### Prepare for the September surge:

- If your child has asthma, **develop a written asthma action plan** with your family doctor and be sure the school has a copy.
- Make sure medications are up-to-date and **prescriptions are filled before the peak** arrives.
- Get your child back into the **routine of using his/her inhaled asthma controller medication**.
- Reduce cold transmissions by teaching your child **good hand washing habits**, be sure he/she gets **enough rest and eats a balanced diet**.
- Schedule **regular asthma check-ups with your healthcare practitioner** to ensure your child's asthma is properly controlled.

*Source: Asthma Canada*

For more information about asthma talk to your health care provider or visit:

- Asthma Canada [www.asthma.ca](http://www.asthma.ca)