

For 10/20/23:

Hi Magee Families,

Please take a few minutes and review this information about asthma, a chronic disease that may affect someone in your family:



Asthma is a disease that affects the airways of your lungs. With asthma, your airways' lining tends to always be in a hypersensitive state characterized by redness and swelling (inflammation). It's similar to how your skin becomes red, irritated and sensitive after a sunburn. This hypersensitive state makes the airways react to things that you are exposed to every day, or asthma "triggers." A trigger could be the common cold, stress, changes in the weather, or things in the environment, such as dust, chemicals, smoke and pet dander. [Learn more about how the air we breathe plays a role in our health.](#)

Asthma Flare-Ups



When you experience a trigger, the insides of your airways swell even more. This narrows the space for air to move in and out of the lungs. The muscles that wrap around your airways also can tighten, making breathing even harder. When that happens, it's called an asthma flare-up, asthma episode or asthma "attack."

After an asthma flare-up, you probably will feel tired. You're also at greater risk of having another flare-up for several days after an episode. For the days following a flare-up, be sure to:

- Avoid your asthma triggers.
- Monitor your symptoms or check you airways using a [peak flow meter](#)



Remember: Asthma can be a life-threatening disease if not properly managed.

Here are some videos you might find helpful:

- [What Is Asthma \[video\]](#)
Watch this informative animation that explains what asthma is and how it affects people who suffer from it.
- [How to Clean a Nebulizer \[video\]](#)
Learn how to properly clean a nebulizer with the American Lung Association.
- [How to Use a Metered-Dose Inhaler with a Spacer or Valved Holding Chamber \[video\]](#)
Watch this American Lung Association video to learn the correct way to use your metered dose (MDI) asthma inhaler.
- [How to Use a Nebulizer \[video\]](#)
Learn how to properly use a nebulizer to take your COPD or asthma medication.

Does your child need a rescue inhaler at school?

If your child requires the use of an inhaler at school, KMSD policy states that both parent and physician need to complete the [KMSD Medication Form](#). The doctor is required to indicate if your child may self-carry their inhaler.



The Health Room is needing BOYS PANTS size 5-6-7 for students who may need a change of clothes at school. If you have a gently used pair to donate, please have your student bring them to the Health Room. Thanks!

Magee Health Room staff is always ready to assist you with any questions or concerns you have. Please feel free to reach out to us by calling the front office 262-968-6450 or via email me-healthroom@kmsd.edu.

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