

# Useful Info to Have During Your Child's Health Visit

## Preparing for Your Child's Asthma Visit

Date: \_\_\_\_\_

### Common Asthma Triggers

- Dust mites
- Cockroaches
- Mice/ rodents
- Cats or other furry animals
- Mold
- Carpeting
- Pollen
- Trees & flowers
- Weather
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- Tobacco smoke
- Cleaning products
- Pest repellents
- Perfumes
- Scented candles & air fresheners
- Sickness
- Physical Activity
- Emotions

Be prepared to discuss:

- Any medications your child is taking, including prescribed medications, over the counter, and/or herbal remedies.
- Times when your child's daily activities at home, school, or work, or sleep were interrupted due to his/her asthma.

Ask your health care provider to give you an asthma action plan for your child and to explain it to you.

Ask your health care provider if there is someone who can teach you and your child about how and when to take his/her meds and other ways to control asthma.



Because healthy homes and healthy schools make healthy lives

Check the box to all that apply for your child:

- Has received a flu shot in the past 12 months
- Has an asthma action plan
- Has received asthma education

What medications are your child currently taking?

From the list of environmental triggers on the front, which do you think may be making your child's asthma worse?

Care History:

List all ER, urgent care visits, and school nurse visits that your child has had in the past 6 months and the reason for the visit: