

Sample Letter Asking Parents for Second Inhaler and Spacer

Dear _____ (parent/guardian name),

My name is _____, and I am the school nurse at _____ (school name). I am writing you because your child, _____ (student's name), is a student at our school, and our records show they have asthma.

Keeping asthma well-controlled is more important than ever. Asthma symptoms can happen anywhere, including during the school day or during before/after school activities.

Quick-relief ("rescue") asthma medicines (albuterol or other quick-relief meds) should be available for your child to use at home, school and any other place your child may visit. We recommend students have a quick-relief inhaler that is only for school use throughout the year, along with a written Asthma Action Plan that explains which medicines your child takes and how to manage symptoms. I have attached our school's approved Asthma Action Plan you can have your child's doctor fill out.

If you do not have an extra quick-relief inhaler on hand, please ask your doctor for a prescription for an extra inhaler to be stored at school. Or if your child is able to carry and use their medicine correctly on their own, have them bring their inhaler to and from school. Due to the coronavirus, nebulizers will not be used in our school unless absolutely necessary since they can spread the virus into the air.

Also, due to the coronavirus, it would be best if your child also had their own spacer or valved holding chamber and peak flow meter at school so students do not have to share. Talk with your child's doctor and insurance company to make sure they will cover two devices: one for home and one for school.

Here is a list of what to ask your child's doctor to provide for this school year:

- An updated written Asthma Action Plan
- A quick-relief inhaler dedicated for school use only
- A spacer or valved holding chamber dedicated for school use
- A peak flow meter dedicated for school use

Contact [insert name of school nurse] if you are having difficulty getting any of these items on the list.

Doctors' offices get very busy at the start of the school year, so the sooner you ask for these items, the easier it will be to get them. Having these items will help us manage your child's asthma while they are in school.

Sincerely,