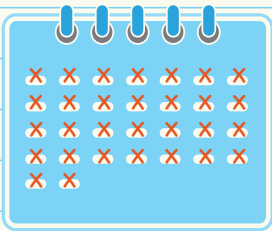


Prepare for Asthma PEAK WEEK

Back to school means a return of germ swapping and a dramatic increase in serious asthma attacks. Also triggered by seasonal allergens like ragweed pollen, attacks tend to climax during the third week of September, known as Asthma Peak Week.

Asthma by the Numbers



14M

school days missed annually due to asthma

14.2M

work days missed annually due to asthma

25% of all children's asthma hospitalizations happen in September



80%
in children

50%
in adults

percentage of asthma attacks that are caused by viral infections

#1 medical concern among Olympic athletes

Extra Credit:



Watch for COVID-19 Symptoms and Vaccinate!

Children six months and older are eligible for COVID vaccination. Check the current CDC guidelines for more details.

Contact your doctor if you notice these common COVID-19 symptoms:
 Fever Cough Shortness of Breath

njhealth.org
1.877.CALL NJH (1.877.225.5654)

 **National Jewish Health**

Breathing Science is Life.

10 Ways to Protect Against Asthma Peak Week

- 1 Wash hands or use hand sanitizer often, especially before eating and touching the face, and after using the restroom.
- 2 Follow your child's Asthma Action Plan.
- 3 Cover nose and mouth when coughing and sneezing.
- 4 Monitor new or worsening symptoms and peak flow rates (when available).
- 5 Keep sick family members home.
- 6 Use medications before symptoms begin.
- 7 Consistently use asthma and allergy medications, even when symptom free.
- 8 Minimize environmental triggers.
- 9 Keep medication refills on hand.
- 10 Keep asthma medication at school.