CookChildren's
Center for Community Health

Asthma Peak Week

Asthma is a chronic disease that causes lung inflammation. It narrows the airways and makes it harder to breathe. Peak Week is the third week of September, when children return to school and the seasons begin to change – a time that can easily trigger symptoms and increase the risk of asthma attacks.

If your child has been diagnosed with asthma, this is the time to prepare:

- Work with your child's doctor to update their asthma action plan. Share this plan with anyone who takes care of your child.
- Check your child's medications for the expiration date. Refill prescriptions if needed.
- Know your child's triggers and symptoms.

Asthma triggers:
Triggers are things that cause asthma symptoms. You may have one or many triggers.

Common asthma triggers include:

- Pollen
- Dust mites
- Cockroaches
- Pets
- Mold
- Pollution
- Weather changes
- Illnesses
- Smoke
- Exercise
- Strong smells
- Emotions

Some ways to protect your child:

- Use a quality air filter on your heating/cooling system and change it monthly.
- Take off your shoes when you enter the house to reduce tracking in pollen.
- Close doors and windows during peak pollen times, between 5-10 a.m.
- Wash your hands frequently.
- Avoid sick people.

Get resources and learn about asthma.

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