

Resources for Schools to Address Asthma



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Asthma is a chronic inflammatory disease that affects the lungs, causing airways to narrow and swell, making breathing difficult. Common asthma symptoms can include coughing, wheezing, shortness of breath, and chest tightness. Exposure to asthma triggers can lead to the presence of asthma symptoms or an asthma attack. Common triggers can include dust mites, mold, pet dander, strong odors, exercise, smoke, air pollutants, chemical irritants, and pests such as cockroaches. Asthma affects people of all ages, races, incomes, and ethnicities. **Click or scan each QR code for links to helpful resources.**

Indiana Department of Health Asthma Program

Visit the Indiana Department of Health (IDOH) Asthma Program website to learn more about symptoms, risk factors, treatment, and triggers of asthma. The website also provides resources and data for clinicians, schools, and citizens.



Asthma Action Plan

The Allergy and Asthma Network provides asthma action plan templates in multiple languages and low literacy versions. Individuals should work with a health care provider to develop their personalized treatment plan to understand what to do for their asthma symptoms.



Asthma-Friendly Schools Initiative

The American Lung Association provides a step-by-step toolkit that schools and communities can use to create a plan for asthma management in their children and students.



Indoor Air Quality Best Practices for Schools

The IDOH Indoor Air Quality Program has resources and best practices guidance available for schools to assist in meeting the requirements for 410 IAC 33.



EXHALE Guide for Schools

The Centers for Disease Control and Prevention's (CDC) National Asthma Control Program developed a guide for schools to assist individuals with asthma achieve better asthma control and better health outcomes.



Improving Kids' Environment

Improving Kids' Environment, an initiative from the Hoosier Environmental Council, aims to protect children from environmental hazards. This includes supporting schools in becoming as healthy as possible.



Indiana Stock Asthma Medications in Schools

Indiana Code (IC) 20-34-4.5 allows schools to stock emergency medications including Albuterol, Epinephrine, and Naloxone. IC 20-33-8-13 provides for the possession and self-administration of medications by students.



Air Quality Flag Program

This program uses colored flags that correspond with daily air quality conditions. Each colored flag matches the Environmental Protection Agency (EPA) Air Quality Index, including green, yellow, orange, red, and purple.



SmogWatch Daily Air Quality Forecast

The Indiana Department of Environmental Management (IDEM) provides the up to date air quality index for the state, with the option to sign up for air quality action alerts.



Athletes and Asthma: The Community Coach's Role

This free course was developed for coaches in the community to be inclusive and helpful for athletes with asthma during practices and events.



Asthma Education for Children

Iggy and the Inhalers is an educational program that can assist children in understanding their asthma symptoms and treatment. The website offers resources for clinicians and patients in English and Spanish.



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