

ASTHMA

and Sports

for Parents

Six things to remember if your athlete has asthma:

- 1. Make sure an asthma action plan is on file with the school.**
- 2. Athletes can play sports when asthma is well managed. Your athlete should have a yearly doctor visit to update care.**
- 3. Talk to the coach so they know the warning signs of an asthma flare.**
- 4. Inhaling cold air can make asthma worse. Covering the mouth with a scarf or mask in winter can help.**
- 5. When outdoors in winter, remind your athlete to keep the inhaler inside a pocket so it doesn't freeze.**
- 6. Work with your athlete's doctor and coach to make the best sports experience for your child.**

A Message from the Maine Asthma Prevention and Control Program.



Department of Health
and Human Services

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