Tips for staying active this winter!

Exercise Induced Asthma (EIA) is a common trigger for asthma. However, it does not need to be a barrier to Students participating in sports and physical activities.

Here are some tips to help prevent EIA in students:

Before Exercise take reliever medication 5-20 minutes **before** warming up.

Warm Up before exercise as normal.

During Exercise watch for asthma symptoms and administer reliever medication if they should occur. Only return to exercise if symptoms are relieved. If symptoms appear again, administer medication again, until they are relieved. It is not recommended that the Student should return to the sporting activity after a second occurrence of asthma symptoms.

After Exercise cool down as usual. Note that asthma symptoms can present up to a half an hour after exercise has stopped. Ensure reliever medication is still easily accessible should it be required.

Other things to remember:

- ✓ Ensure all students have current Asthma Action/Care Plans
- ✓ If possible make activities that are scheduled for the night indoors as the drop in air temperature makes air colder to inhale and acts as a greater trigger.
- ✓ Encourage students with asthma to participate fully!

Asthma Foundation Victoria