

# COVID-19

## Guidance for students who have asthma

**If you are a student who has asthma or are the parent or carer of a student who has asthma, here are some top recommendations to think about in terms of minimising the risk of infection, both in and outside school;**

- Walk or cycle to school, rather than come by bus;
- Wear a mask in school if you want to, but make sure it's a different one that you have worn to school;
- Continue to wear a mask and/or visor in school, if you would like to;
- Sit near the door where possible so that it is easy to access, if necessary and you are the first to leave;
- Also think about sitting where there is good ventilation, if it is not possible to sit right by the door;
- If possible, make sure you have 2 up-to-date inhalers in school, one to keep at Welfare and one in your bag;
- Make sure you have a hand-sanitiser with you and use it regularly;
- Also pay particular attention to the guidelines about hand-washing and other hygiene recommendations;
- Think about how many people you are with during break and lunch, and try to get as much fresh air as possible
- Staff will be reminded of who suffers from asthma and asked to refamiliarise themselves with the Health Care Plan;

If there have been any changes to your child's asthma condition lately, or if there is anything else that we need to know in order to update the Health Care Plan, please get in touch with the school's Welfare Officer, Ms Banger.