Keep Kids Safe Around Water

Some Special Rules Apply for Kids With Asthma

Asthma shouldn't keep kids from having fun. And as many kids will tell you, a fun day is a day at the pool or the beach.

Still, it's up to parents to help keep asthma in check—even on carefree summer days that include swimming. And of course, all children, including those with asthma, need close supervision around water.

Here are some tips and reminders for successful asthma control and water safety:

1. Make sure your child doesn't skip their medication. Your child may not be thinking about taking their medications during summer time fun, but it's important, regardless of the fun or season, to keep taking any prescribed medications to reduce the risk of an asthma attack.
2. Before heading to the water, double-check your written asthma action plan with the Asthma Control Test for Children. Follow your child's written asthma action plan. Review it with your child and make sure everyone is familiar with it and the steps to take to prevent an asthma attack.
3. Keep a close eye on your youngsters. Never leave a child unattended near water. Always swim and play near a lifeguard at the beach or a public pool.
4. Swim in safe places. Always swim and play near a lifeguard at the beach or a public pool. Look for “Swim in Safe Places” signs that indicate the water is safe for swimmers.
5. Do Asthma Triggers Lurk in Your Home? Pharmacy Corner

Sources: American Academy of Pediatrics; American Academy of Family Physicians; American Academy of Allergy, Asthma & Immunology; American Academy of Family Physicians; American Academy of Allergy, Asthma & Immunology; American Academy of Family Physicians; American Academy of Allergy, Asthma & Immunology; American Academy of Family Physicians. Transitions of Care; Asthma Control Test for Adults; Asthma Control Test for Children; Do Asthma Triggers Lurk in Your Home? Pharmacy Corner.

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Let's Chat

Immunology; American Lung Association

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Helpful Tips

1. If your teen's score is 19 or less, your asthma may not be controlled as well as it could be. Talk to your doctor.

2. During the last 4 weeks, how many days did your child have any respiratory symptoms (such as coughing, shortness of breath, chest tightness or pain) wake you up at night or earlier than usual in the morning?

3. How much of a problem is your asthma when you run, exercise or play sports?

4. How often have you used your rescue inhaler or nebulizer medication (such as albuterol)?

5. During the past 4 weeks, how often did your child have difficulty sleeping?

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7. How much of a problem is your asthma when you run, exercise or play sports?

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9. During the past 4 weeks, how often did your child have difficulty sleeping?

10. How would you rate your asthma control during the past 4 weeks?

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