

# Did You Know?

## Safe Schools Online Asthma Awareness Training!

Safe Schools Online Training has a 14 minute Health Emergencies-Asthma Awareness Course. We want to encourage staff to go online under Extra Training-Health Emergencies (Asthma Awareness) to complete the course at <http://scs.tn.safeschools.com/>.

The course is not mandatory but just encouraged for Asthma and Allergy Awareness Month.

## Asthma & Allergy Prevention & Management

- ✓ Know your triggers and try to avoid allergens
- ✓ To avoid anaphylaxis, carry your epi-pen with you at all times
- ✓ Know what to do when your symptoms are getting worst during an asthma attack/allergic reaction
- ✓ Take your medications
- ✓ Wear a medical alert bracelet or necklace
- ✓ Track your signs/Keep a diary

## Asthma & Allergy Friendly Certified Products

Look for this mark on products including:

- ✓ Air Cleaners
- ✓ Bedding
- ✓ Vacuum Cleaners
- ✓ Humidifiers
- ✓ Cleaning Products
- ✓ Flooring
- ✓ Cleaning Services
- ✓ Toys
- ✓ HVAC/Furnace Filters
- ✓ Paint
- ✓ Washing Machines

