

Great News for Kids with Asthma - Governor Signs Pair of Bills to Allow Students to Carry and Self-Administer Meds at School!

For kids with asthma, there will be no more waiting for asthma symptoms to worsen to the point of a mandatory visit to the nurse's office at school. And no more having asthma meds administered by non-medical personnel, either. On September 29th, the Governor signed both AB 2132 and SB 1912 into law, making it legal for students with permission from their physician and primary guardian to carry and self-administer their medications as necessary. This is great news, since each bill was designed to become operational only if the other one was passed as well. Once enacted, AB 2132 will allow children to self-administer inhaled medication in any area of the school grounds, or during any school-related activity, while SB 1912 authorizes students to carry and self-administer their auto-injectable epinephrine.

With the Governor's signing, these bills make California schools more asthma-friendly. Now it is time for the local work to begin, as school districts form the policies that turn the provisions made by these bills into actual practice. If your district is creating innovative policy around these bills, or around asthma in general, share it with CAP by going to http://www.asthmapartners.org/bulletin_board/, logging on, and share your story with hundreds of other people across the state who are as committed to fighting asthma as you are!!

Keeping Healthy During Wildfires

With the fires like the ones we had in the rolling hills of Riverside and San Diego counties in early May and in Los Angeles County this past summer, it is important for people who are in close proximity to the affected areas to limit their exposure to smoke. Children and adults with heart or respiratory diseases, like asthma, might consider staying with relatives or friends whose air quality is not affected by the fires.

However, if there is already a lot of smoke in the area, leaving home might sometimes be worse than staying inside. If this is the case, then in addition to staying indoors, there are several other ways to minimize your risk.

1. Continue to limit outdoor activity—particularly aerobic sports--in smoky areas.
2. Keep windows closed as much as possible and if you have an air conditioner, use it to help filter the air. Change the filter after smoke has subsided.
3. Monitor your child's breathing – watch for respiratory symptoms, such as coughing and wheezing. If respiratory symptoms appear, bring your child indoors and consult with a healthcare provider.
4. Warn children not to play in soot or ash gathered outside. These materials can be harmful to a child's respiratory system, especially if he or she has asthma.
5. Keep pets indoors as much as possible. If the pet has been outside, bathe it before allowing it back into the home.
6. All family members should leave shoes outside the home to avoid tracking in any ash or particulate matter.
7. Have your children shower before bed – particularly if they spent time outdoors that day.
8. Thoroughly wash any fruits or vegetables from the garden to clean off any residue.
9. If damage to your home or property requires the clean-up of soot and ash, wear a protective mask to avoid inhaling the debris.

If anyone in your family develops health problems from breathing smoky air or from other aspects of the wildfires, contact a healthcare provider. To find the name and contact information for your County Health Officer, go to: <http://www.dhs.ca.gov/hisp/chs/OVR/LocalRegistrar/default.htm>.

[^ Back to top](#)

[Click Here Now! The Air Resources Board Creates User Friendly School Health Web Portal](#)

The Air Resources Board recently developed a comprehensive web page containing information related to school health: <http://www.arb.ca.gov/school.htm>. This web page details findings from the recently completed Children's School Bus Exposure Study as well as a study on Environmental Health Conditions in Portable Classrooms. In addition, you can find information on simple low-cost actions schools can take to reduce exposure. Two videos, available for free, can be viewed on the health effects of smog and the results of the Children's Health Study. All materials on this web page, including the videos, have been translated into Spanish.

[^ Back to top](#)