Allergy & Asthma Network News

Allergies & Asthma at School
• New webpage for Parents & Schools

5 Things to Know Webinar
• The Role of Asthma Educators
• Karen Gregory & Mary Hart
• 8/13 @ 4:00 PM EDT

Advances in Allergy & Asthma Webinar
• Why is Asthma so Difficult to Control in Older Patients?
• Dr. Alan Baptist
• 8/26 @ 4:00 PM EDT

More information at allergyasthmanetwork.org

Back to School: Considerations for Students with Asthma in the Era of COVID-19

Dr. Mary Cataletto
Dr. Purvi Parikh
Tonya Winders
Our Speakers

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Professor of Clinical Pediatrics at the Stony Brook University School of Medicine in Stony Brook, New York

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National Spokesperson, Allergy & Asthma Network

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President & CEO, Allergy & Asthma Network
President, Global Allergy & Airways Patient Platform

Outline

- Current State of COVID-19
- Key Messages for COVID-19 Prevention & Control in Schools
- Asthma Care at School During COVID-19
- Resources to Help Schools & Families
Current State of COVID-19

Tonya Winders
US Data Report

<table>
<thead>
<tr>
<th>Total Confirmed Cases</th>
<th>Total New Cases</th>
<th>Total Deaths</th>
<th>Total New Deaths</th>
</tr>
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<tbody>
<tr>
<td>4,280,135</td>
<td>54,448</td>
<td>147,672</td>
<td>1,126</td>
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In the News

• Coronavirus “easily the most severe” public health emergency – WHO
  • Countries that previously appeared to have the pandemic under control recorded an uptick in cases
• UK Study – 6 distinct types of coronavirus disease
• More than 40 states have some kind of mask requirement
In the News

• First Phase 3 trial of a COVID-19 vaccine has started in the US
• Some states are setting records for number of cases – FL, TX, NC, TN, OH, IN, KY
• Dr. Fauci: "We just can't afford, yet again, another surge" like that seen in recent weeks in Florida, Texas, Arizona and California.

COVID-19 Cases in US by Date Reported

New Cases by Day
COVID-19 Information Center – Allergy & Asthma Network

- [https://allergyasthmanetwork.org/health-a-z/covid-19/](https://allergyasthmanetwork.org/health-a-z/covid-19/)
- Webinar recordings
- Patient program with ATS recording
- Infographics
- Fact Sheets and Q & A’s
- Managing Pediatric Asthma during COVID-19
- What coronavirus looks like
- State by State guidance on reopening

Please note:

- *This is a constantly evolving situation*
- Guidance is likely to change
  - And change back
  - And change again . . .
Key Messages for COVID-19 Prevention & Control in Schools

Dr. Purvi Parikh

Basic Principles

• Sick students, teachers and staff should not come to school
• Enforce regular handwashing with soap & water or hand sanitizer
• Daily disinfection & cleaning of school
• Social distancing – including limiting large gatherings
Social Distancing Practices

- Staggering the beginning and end of the school day
- Cancelling assemblies, sports games and other events that create crowded conditions
- When possible, create space for children’s desks to be at least 6 feet apart
- Teach and model creating space and avoiding unnecessary touching

Develop School Policies

- Isolating students & staff that become ill at school
- Information sharing
- Attendance – flexible attendance & sick leave
- Ensure continuity of education
- Coordinate with local public health officials when needed
Be Prepared to Deal with COVID-19

- Not every fever will be COVID-19
- Not every virus will be COVID-19
- How will you know?!?

- Nursing assessment will be so valuable during the return to school
- Asthma care will be vital
  - Asthma Action Plan
  - Calm, guidelines-based care

September

September Asthma Peak

- An issue EVERY year
- 3rd week in September
- Perfect storm of triggers
- 10 Steps to Follow
For Parents

• Know the latest facts
• Recognize the symptoms of COVID-19
• Keep children in school when healthy
• Reinforce the need for hand washing
• Deal with your own stress & help your child cope with their stress

Asthma Care at School During COVID-19
Dr. Mary Cataletto
SARS-CoV-2

Inhaled virus SARS-CoV-2 likely

- binds to epithelial cells in the nasal cavity and
- starts to replicate in the nose, pharynx, larynx, trachea, bronchi, and bronchioles

Aerosol Transmission of Infectious Agents

Asthma as a Risk Factor for COVID-19

- Asthmatics are at increased risk for more severe outcomes with common cold viruses\(^1\)
- Severity of virus induced asthma exacerbations is increased with poor symptom control\(^1\)
- Many asthmatics have deficient & delayed innate antiviral immune responses with deficiency and delay in lung cell interferon responses\(^1\)
- Individuals with moderate to severe asthma may be at higher risk for the development of pneumonia and acute respiratory disease\(^2\)
- Majority of hospitalized adults with COVID 19, 89.3% had once or more underlying medical conditions, the most common being obesity, HTN and CLD\(^3\)
- In 18 – 49 y/o’s obesity was the most prevalent underlying condition, followed by CLD (primarily asthma)\(^3\)

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Weighing Back to School

The American Academy of Pediatrics strongly advocates that all policy considerations for the coming school year should start with the goal of having students physically present in school.

### IN PERSON SCHOOL
- Provides educational instruction
- Supports development of social & emotional skills
- Creates a safe environment for learning
- Addresses nutritional needs
- Facilitates physical activity

### TRANSMISSION
- Best available evidence indicates that COVID 19 poses a relatively low risk to school age children
- Children with certain underlying conditions are at increased risk from COVID 19
- Learn what your school is doing to protect your student

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Enrollment – Pre-COVID-19

PUBLIC SCHOOLS
50.8 MILLION

PRIVATE SCHOOLS
5.8 MILLION

www.educationdata.org

8.3% (APPROXIMATELY 1:12) SCHOOL AGED CHILDREN HAVE ASTHMA

What Happened When Schools Closed

Less upper respiratory tract infections

Social Distancing policies outside of school

Improved asthma control

Less exposure to outdoor allergens

Less exposure to outdoor air pollution
Don’t miss the elephant in the room!

1. [https://www.pewresearch.org fact-tank/2020/06/11/unemployment rose higher in three months of covid-19 than it did in two years of the great recession/]

Unemployment
Loss of insurance

Anxiety
Depression
Substance Abuse

Lack of support services
Food Insecurity

Domestic Violence
Child Abuse
Community Violence

WILL THE STUDENT WHO LEFT SCHOOL BEFORE THE QUARANTINE BE THE SAME AS THE ONE WHO RETURNS TO YOU?

Don’t expect a one-size fits-all solution
Asthma Goals for School Health

INFRASTRUCTURE & SUPPORTIVE POLICIES

FAMILY & COMMUNITY INVOLVEMENT

PHYSICAL EDUCATION & ACTIVITY

ASTHMA EDUCATION

PHYSICAL & MENTAL HEALTH SERVICES

HEALTHY SCHOOL ENVIRONMENT

Critical Roles of the School Nurse

- Asthma Education for students, teachers and coaches
- Multiple teaching sites and extended times will stretch workforce
- Know which students are at risk for an asthma emergency
- Teachers will need to be able to recognize asthma symptoms
- Quick relief medication should be immediately available
- An emergency plan for severe asthma episodes must be in place
Impact of Poor Asthma Control on Learning

- Fatigue
- Poor attendance / Focus
- Absenteeism due to asthma flares
- Doctor visits, ED, hospitalizations
- Missed class time due to visits to the nurse

Training in Guided Asthma Self-Management

<table>
<thead>
<tr>
<th>Patient-directed Self-management</th>
<th>Doctor-directed Self-management</th>
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<tr>
<td>Patients make changes in accordance with a prior written action plan without needing to first contact their health care provider</td>
<td>Patients still have a written action plan, but refer most major treatment decisions to their physician at the time of a planned or unplanned consultation</td>
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Essential Components of Effective Guided Asthma Self-Management

GINA 2020:

- Self-monitoring of symptoms &/or peak flow
- A written asthma action plan to show how to recognize and respond to worsening asthma
- Regular review of asthma control, treatment and skills by a health care provider


Asthma Information

GOAL: To provide child with asthma, their family and caregivers with suitable information & training to manage their asthma in partnership with their HCP

<table>
<thead>
<tr>
<th>Approach</th>
<th>Content</th>
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<tbody>
<tr>
<td>Focus on the development of the partnership</td>
<td>Asthma Diagnosis</td>
</tr>
<tr>
<td>Accept that this is a continuing process</td>
<td>Rationale for treatment differences between relievers &amp; controllers</td>
</tr>
<tr>
<td>Share information</td>
<td>Potential side effects of medications</td>
</tr>
<tr>
<td>Adapt to patient’s level of health literacy</td>
<td>Prevention of symptoms and flareups</td>
</tr>
<tr>
<td>Discuss expectations, fears and concerns</td>
<td>How to recognize worsening asthma and what actions to take; how and when to seek medical attention</td>
</tr>
<tr>
<td>Develop shared goals</td>
<td>Management of comorbidities</td>
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Asthma Friendly Schools

Characteristics of successful school-based asthma programs:

- Strong links with asthma care clinicians
- Identify and intervene with most in-need students with asthma
- Administrative buy-in and program support
- A coordinated, multi-component and collaborative approach of asthma education & staff development
  - Appropriate school health services for students with asthma
  - Asthma education for students with asthma & awareness programs for students, school staff, parents, and families.
- Safe and healthy school environment to reduce asthma triggers
- Safe and enjoyable physical education and activities for students with asthma.
- Ongoing Quality Improvement

School-based Programs for Children

Systemic reviews found:

- School-based studies that included self-management skills for children ages 5 – 18 years may be associated with a 30% decrease in ED visits and a significant decrease in hospitalizations and in days of reduced activity
Back to School

Changing the venue to include social distancing

Social Distancing/Physical Distancing Measures

Fundamental to lowering the risk of SARS-COV-2 Spread

Recommendations:
- Adults & adult staff should attempt to maintain a distance of 6 feet from other persons
- Adult-adult physical distancing in time & place
- Recommendations for children are age & ability dependent
Planning for the School Experience

**Alternative Strategies**
- Alternating Schedules or ½ days
- Cohorts
- Selective return of grade levels, students or teachers
- One course at a time
- One room school house
- Individual learning plans
- Keep distance learning

**Special Considerations**
- Remediation vs. acceleration
- Getting input from all stakeholders
- Making equity & culturally responsive teaching an integral part of the plan
- Looping
- Need for additional teachers

Guiding Principles:
**Social Distancing & Risk Stratification at School**

The more interactions and the longer interaction times, the higher the risk of COVID 19 transmission

<table>
<thead>
<tr>
<th>Lowest Risk</th>
<th>More Risk</th>
<th>Highest Risk</th>
</tr>
</thead>
<tbody>
<tr>
<td>Students &amp; Teachers engaging in virtual only classes, activities &amp; events</td>
<td>Small, in person classes, activities and events. Groups stay together and with the same teacher throughout/across school days and groups do not mix. Students remain at least 6’ apart and do not share objects (eg. hybrid virtual and in person class structures or staggered/rotated scheduling to accommodate smaller class sizes)</td>
<td>Full sized, in person classes, activities and events. Students are not spaced apart, share classroom materials or supplies and mix between classes and activities</td>
</tr>
</tbody>
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Potential Teacher Shortages

Nearly 1.5 Million Teachers (One in Four) are at Greater Risk of Serious Illness if Infected with Coronavirus


Shortage of School Nurse Positions

Across the Country –

25.2% of Schools Did Not Employ a School Nurse

35.3% of schools employ Part time school nurses

39.3 % of schools employ full time school nurses

Educating School Staff about Asthma

Key Issues:
- Identifying an asthma episode
- Knowing when to give medication
- Know where the medication is kept
- Have an emergency Plan

Know Your Asthma Medications

- Learn the names of your medication, not just their color
- Use your Asthma Action Plan

Take the Right Medication, In the Right Dose At the Right Time In the Right Way
Albuterol for Quick Relief

Nebulizer

Nebulizers can:
• Aerosolize viral droplets for @ 1 meter &
• Allow the virus to remain in the air for a longer time.

GINA 2020 recommends avoiding nebulizers during COVID 19

Health Hygiene

Hand hygiene
Respiratory Etiquette
Face masks
Staying home if you are sick

Hand hygiene
 Respiratory Etiquette
Face masks
Staying home if you are sick
Soap & Water vs Hand Sanitizer

**Preferred:**
- Wash hands with soap & clean water for 20 seconds or more

**Alternative:**
- Hand sanitizer with at least 60% alcohol

Cautions with Hand Sanitizers
- Keep out of reach of children
- Use of hand sanitizers in children 5 years & under should be supervised by an adult
- Swallowing even small amounts can cause poisoning in children

Respiratory Etiquette

Always cover your mouth & nose with a tissue when you cough or sneeze or cough into your elbow

Do not spit

Throw used tissues in the trash

Immediately wash your hands or use hand sanitizer

Source: cdc.gov
Face Masks: Who, What & When

Who
- Age ≥ 2 years
- Alert, Breathes normally
- Able to help themselves, remove their own mask

What
- Fabric mask that allows you to breathe while talking & walking quickly

When
- In public when you can’t keep proper distance from others

Face Masks: Why, Where & How

Why
- Help protect others in case you are infected with COVID-19 but don’t have symptoms

Where
- In public setting when around people who don’t live in your household, especially when it is difficult to stay 6 feet apart

How
- Wash your hands before putting on your mask
- Put it over your nose & mouth – secure under your chin
- Try to fit snugly against the side of your face – but so you can breathe easily

https://community.aafa.org/blog/what people with asthma need to know about face masks and coverings during the covid-19 pandemic
Take Off Your Cloth Face Covering Carefully, When You’re Home

- Untie the strings behind your head or stretch the ear loops
- Handle only by the ear loops or ties
- Fold outside corners together
- Place covering in the washing machine
- Be careful not to touch your eyes, nose, and mouth when removing and wash hands immediately after removing

Pandemics are Stressful

Stress during an infectious disease outbreak may cause some the following:

- Fear and worry about your own health & the health of your loved ones, your financial situation or job, or loss of support services
- Changes in sleep or eating patterns.
- Difficulty sleeping or concentrating.
- Worsening of chronic health problems.
- Worsening of mental health conditions.
- Increased use of tobacco, and/or alcohol and other substances
Helping Students Cope

Children and teens react, in part, on what they see from the adults around them.

When parents and caregivers deal with the COVID-19 calmly and confidently, they can provide the best support for their children.

Parents can be more reassuring to others around them, especially children, if they are better prepared.

Watch for behavior changes in your student

- Poor school performance or avoiding school.
- Difficulty with attention and concentration.
- Avoidance of activities enjoyed in the past.
- Unexplained headaches or body pain.
- Use of alcohol, tobacco, or other drugs.
- Excessive crying or irritation in younger children.
- Returning to behaviors they have outgrown (for example, toileting accidents or bedwetting).
- Excessive worry or sadness.
- Unhealthy eating or sleeping habits.
- Irritability and “acting out” behaviors in teens.
Strategies to Support your Student

- Talk with them about the COVID-19
- Answer questions & share facts about COVID-19 in an age-appropriate way
- Reassure them that they are safe. Let them know it is ok if they feel upset.
- Share coping and stress reduction strategies.
- Limit their exposure to news coverage of the event, including social media.
- Advise parents to maintain regular routines. If schools are closed, create a schedule for learning activities and relaxing or fun activities.
- Parents and staff can be role models. Take breaks, get plenty of sleep, exercise, and eat well. Connect with your friends and family members.
- Spending time in meaningful activities such as reading and exercise.

Healthy Choices: Key Messages

- Practice social distancing & respiratory etiquette
- Frequent handwashing, use a face mask
- Stay home if you are sick
- Know your asthma: Triggers & Asthma Action Plan
- Have your asthma medications available
- Avoid sick contacts
- Avoid exposure to your known asthma triggers, tobacco smoke & vaping
- Annual influenza immunization
Resources to Help Schools & Families

Tonya Winders

Web Pages – Allergyasthmanetwork.org

- COVID-19 Information Center
- COVID-19 and Schools
- Schools: Allergies & Asthma
Understanding Asthma and more!

Understanding Asthma –
An “Asthma 101” guide written at a 6th grade reading level

Asthma is Not Stopping Me featuring the Fabulous Me, Piper Lee–
Piper Lee is off and running -- keeping her asthma triggers away, so she can breathe easy every day.

Peter’s Perfect Pipes –
With the help of an old friend and two new friends -- an inhaler named Piper and his sidekick, a holding chamber named Aerial – Peter learns how his medications work, how to use them correctly and how to manage his asthma.
Questions?

Please record your questions in the Question box on your webinar control panel
We will address as many questions as we can
Join us on **August 12th at 4:00 PM Eastern** for the 10th webinar in our COVID-19 Webinar Series -

**COVID-19: Fall/Winter Wave & Weather Impact on Asthma, COPD, Flu & More**

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**Back to School: Considerations for Students with Asthma in the Era of COVID-19**

*Thank you for listening! Get guidelines-based information at allergyasthmanetwork.org*