Spacers and Schools/Preschools: Reminder for Parents & Carers

Schools/preschools in Victoria have been informed by The Asthma Foundation of Victoria about new guidelines regarding the use of spacers for children with asthma. Spacers are essential equipment when following Asthma First Aid best practice, however schools/preschools will no longer be able to wash, sterilise and re-use spacers from their asthma emergency kits when assisting students with asthma symptoms.

Asthma first aid kits should only ever be used as a back-up for when a student does not have their own spacer available, if it is a first asthma attack or the cause of breathing difficulty is unknown. Some schools/preschools may implement a policy where parents/carers are responsible for the cost of the spacer if one must be used from the asthma emergency kit.

**Even if your child has mild asthma, it is essential that their medication and spacer is always available to school/preschool staff. Please make sure your child always brings a spacer with them to school, or has one that stays at school.**

For more information, please contact the Asthma Foundation of Victoria on 1800 278 462 or email schools@asthma.org.au

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“Talking with other parents and carers makes you realise you are not alone”

If you would like to talk to someone who has been through a similar experience with managing their children’s asthma, or need support to live well with your own asthma, we would like to connect you with others for mutual support via the phone, internet or face-to-face groups.

**Peers Leading Peers** will link you to a trained volunteer who can listen to your concerns and help you to manage. This is the first program of this kind to be available for asthma in Australia. We are grateful to the Victoria State Government Department of Health for their funding support.

The program is available for anyone with asthma or parents, grandparents and people who regularly care for a child with asthma.

If you are interested in accessing support or becoming an "Asthma Peer Support Volunteer” contact Belinda at The Asthma Foundation of Victoria on 1800 278 462 or binglis@asthma.org.au

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