

Information letter regarding Salbutamol usage before breaktimes, sports or PE.

[School Letterhead]

Date: [Insert Date]

Dear Parent/Carer,

You've asked that your child be given their reliever inhaler (e.g. Salbutamol) at set times during the school day, such as before break, PE, or the Daily Mile.

As an Asthma Friendly School, we want to make sure all children with asthma are well supported and using their medication safely.

Reliever inhalers should only be used before exercise if a doctor or nurse has recommended it—usually when a child has asthma symptoms triggered by physical activity. **It's normal for children to get out of breath when running around**, especially if they're unfit. This **doesn't always mean their asthma is playing up**.

Inhalers should be used during or after exercise only if your child has symptoms like **wheezing, coughing, or breathlessness that don't settle quickly**. If this happens, we'll follow your child's asthma action plan, or the school's emergency asthma protocol if a personal plan isn't in place.

If your child often struggles with exercise or needs their inhaler more than three times a week, we'd recommend speaking to their GP or asthma nurse for a review.

Here is a QR code to scan for more information on exercise and asthma



Kind regards,

[Your Name]

[Your Role – e.g. Asthma Champion / School Nurse / Headteacher]

[School Name]

[Contact Information]