Plan safe EOTC trips

Obtain and review the medical and health information of all participants involved in an EOTC event.

Be prepared:

- Identify specific allergens such as pollen or grass seeds, which may exacerbate an asthma attack, and plan to avoid these where possible.
- Include a spacer and inhaler in your first-aid kit.
- Check students have their inhalers with them before setting out.
- Prior to the trip, ensure parent helpers know the signs of an asthma attack and what to do during an asthma episode.

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