

# PREPARING FOR COLLEGE WITH ASTHMA

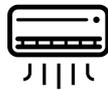
When you are preparing to leave for college or move out on your own, you need to be prepared to properly manage your asthma. Your parents may be worried about you going away, but these tips will help you and your parents feel confident. It will take some careful planning on your part, but by addressing your needs before you leave, you can be prepared to take the appropriate steps to manage your asthma.

## Find Housing That Fits Your Needs

Look at all your housing options ahead of time to choose one that will provide challenges to managing your asthma. Consider if your building:



Is Smoke-Free



Has air  
conditioning



Has hard-wood floors  
instead of carpet



Is Pet-Free

## Know How Your Insurance Policy Works



Talk with your parents or guardians about what limits your insurance has on your ability to receive medical care.

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Some health insurance plans allow you to stay covered on your parent's insurance as long as you are a full-time student or until you turn 26, but others end once you move out of your parent's home.



Ask your healthcare provider for a referral to a provider near your school.



If you are not covered by your parent or guardian's policy, call the school to find out what health plans and medical services are offered to students. Many schools have student insurance for a more affordable fee, but you are often limited to the campus clinic.

## Contact the Office for Students with Disabilities

Most campuses have an office for students with disabilities. It is important as a student that you contact this office to see how they can assist you. Their office may help to advocate for you with your professors in case you become ill and miss several days of class. This is a step that you must take. As an adult it is your responsibility to register for campus resources.

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## Know Your Medical Needs and Rights



Know the names of all your medications, and ask your healthcare provider for enough refills so you do not run out while at school. If necessary, research the best place to get these prescriptions filled while at school.



Many campuses have their own clinic and pharmacy. As a back-up, get the name and number of local pharmacies in the area. Keep these numbers handy. Call ahead to make sure they will fill prescriptions from your provider and that they carry all the medications you will need.



Decide if you would like your parent or guardian to have the right to talk with your medical provider. If you do, then you will need to sign written consent giving them permission to do so. Medical providers cannot share information with your parents or guardians without your permission.

## Be Prepared



Even if your asthma has been well-controlled, it is important to understand that you will be in a new environment, likely keeping different hours, and your body may react differently than in the past.

Make sure that wherever you live, you will be prepared to do what it takes to reduce or remove your asthma triggers from the environment. This may mean cleaning more often and more carefully. Taking these steps and any others will ensure that asthma won't be your main focus away from home.

