

Steps to Follow for an **ASTHMA ATTACK** in the School Setting

If a student has excessive coughing, wheezing, shortness of breath or chest tightness, they may be having an asthma attack.

1

STOP ACTIVITY

- Help the student to an upright position. Do not have them recline or lie down.
- Ask: “Are you having trouble breathing?”
- Ask: “Do you have asthma?”
- Ask: “Do you have a quick-relief inhaler?”

2

STAY CALM

- Encourage use of a quick-relief inhaler, if available.
- If a quick-relief medication was used, the school nurse should assess the student, if possible. Parent or guardian should be notified.
- If the quick-relief medication does not work, or if the student doesn't have a quick-relief inhaler, **get help**.

3

GET HELP

- If the student can walk without difficulty, send them to the school nurse, accompanied by another person. **Never send the student alone.**

OR

- Call the school nurse to the classroom or the gym.

OR

- **CALL 911** (or your local emergency number) **if the student has ANY of these signs of an asthma emergency:**

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|---|-------------------------------|
| ▶ Inability to breathe | ▶ Trouble walking or talking |
| ▶ Struggling to breathe | ▶ Nostrils open wide |
| ▶ Chest or neck are pulled in or sucked in with each breath | ▶ Lips or fingertips are blue |

WRITE IN LOCAL EMERGENCY NUMBER HERE

Always notify parent or guardian.

