

# Steps to follow for an Asthma Episode in School

## Green Zone

**Be prepared.** Know which students have asthma and where their medicine is kept.

**Common symptoms of an asthma episode include one or more of these:** coughing, wheezing, difficulty breathing, tightness in the chest, shortness of breath and breathing hard and/or fast.

**Be alert for students who may have asthma symptoms.**

- Symptoms can become worse and lead to severe, even life-threatening asthma attacks.
- Treating symptoms promptly can prevent asthma episodes and allow the student to resume school activities.

**If a student has asthma symptoms or complaints and needs your assistance,\* take these steps.**

- **Quickly evaluate the situation. Call 911** if the student is **struggling to breathe, talk, stay awake, has blue lips, or asks for an ambulance.**
- **NEVER LEAVE A STUDENT ALONE.** Have an adult accompany the student to the office or send for help. **Do not wait.**

■ **Stop the student's activity.** Remove the student from any allergen or irritant\*\* if possible. Help the student be calm and in a comfortable position.

- **Help the student locate and take his/her prescribed quick-relief inhaler medicine.**
- **Contact the parent/guardian.**
- **Repeat quick-relief inhaler medicine in 20 minutes** if student is still having trouble breathing.

**Call 911 if any of the following occur:**

- If the student is **struggling to breathe, talk, stay awake, has blue lips, or asks for an ambulance.**
- If the **student doesn't improve** after two administrations of quick-relief medicine, and nurse or parent/guardian is not available.

■ If no quick-relief medicine is available, the **student's symptoms have not improved** spontaneously, and nurse or parent/guardian is not available.

■ If you are unsure what to do.

**DO NOT try to treat severe symptoms yourself.**  
**When in doubt call 911.**

### Remember:

\* Many students who carry their own medicine may be able to self-manage asthma episodes. They should follow the school protocol. Provide support as needed.  
\*\* Common asthma allergens and irritants include tobacco smoke, pollens, furry animals, cockroach droppings, dust mites, chalk dust, or strong odors (for example, from cleaning products, paints, or perfume).

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