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.

Yellow Zone

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.

Red Zone

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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