

Steps to follow for an ASTHMA EPISODE in the School Setting

If the student has coughing, wheezing, shortness of breath, chest tightness or breathing difficulties:

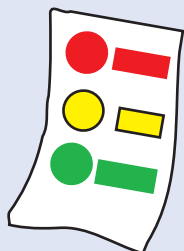


Stop activity and help to an upright position

- Stay calm and speak reassuringly
- DO NOT LIE DOWN!



NEVER send to health office alone



Call School Health Professional AND:

- Follow Asthma Action Plan if available
- Encourage student to take prescribed medication

**CALL
911**

If student has ANY of these:

No improvement	Nostrils open wide
Trouble walking or talking	Lips are blue
Struggling to breathe	Hunched over
Chest/Neck pulled in	Signs of distress

Always notify parent or guardian

