

WHAT TO DO DURING AN ASTHMA ATTACK

Common Symptoms of an Asthma Attack

Coughing • Chest tightness or pressure • Shortness of or gasping for breath • Wheezing • Flushed, pale, ashen or bluish looking skin • Difficulty speaking • Feelings of anxiety or panic

1. Have the student stop whatever activity he/she is doing.
2. Help the student to sit upright and slowly breathe in through the nose and out through pursed lips.
3. Send another student to get the nurse/parent. **DO NOT** leave the student alone.
4. Follow the student's Asthma Action Plan or emergency plan if there is one available.
5. If the student has a **RESCUE INHALER**, have the student follow instructions and use it **IMMEDIATELY**.
Generally, a student should:
 - Shake the inhaler, and slowly breathe all the way out.
 - Put the mouthpiece of the inhaler in mouth or 2 inches away (about half a finger's length), or use the spacer (air chamber that attaches to the inhaler).
 - Take 1 puff, and hold breath for 10 seconds and exhale.
 - Wait 1-2 minutes between puffs.
 - Take another puff, hold breath for 10 seconds and exhale.**REPEAT** above steps if **SYMPTOMS CONTINUE**.
6. **ONLY IF** and **WHEN** symptoms are **COMPLETELY** gone can the student go back to routine activity. Notify nurse/parent.

CALL 911 IF:

- **YOU** are not sure what to do – or
- Rescue medications are neither available nor helping
- Symptoms (wheezing, coughing or shortness of breath) are getting worse, not better – or
- The students' lips or fingernails look blue or gray – or
- The student is struggling to breathe-hunching over, having difficulty talking or walking – or
- The students' nostrils are flaring out – or
- The students' neck and chest are "sucked in" with each breath – or
- The student is in obvious distress- there is a change in level of consciousness, or signs of confusion, or condition decline.



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