

Steps to Follow for an Asthma Episode in the School Setting

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

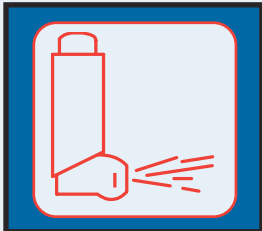


Stop activity and help to an upright position

- Stay calm and speak reassuringly
- DO NOT RECLINE



Never send to health office alone!



Call School Health Professional AND

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

**Call
911**

If student has any of these:

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

Always notify parent or guardian

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Contact (585) 442-4260
www.rcanasthma.org