

Steps to Follow for an Asthma Episode or Attack in the School Setting

EARLY WARNING SIGNS

- Cough, chest hurts, wheezing
- Changes in behavior: unusually tired, not wanting to play, restlessness, trouble sleeping
- An inhaled rescue/reliever drug causes no improvement
- Exposure to known triggers that result in symptoms

ACTIONS TO TAKE

1

Stop activity
Help child to an UPRIGHT position
Remove from trigger if possible



2

Follow Asthma Action Plan or health care provider's instructions for use of rescue/reliever medication



3

Look for improvement



4

Document in Medication Record



5

Contact the family



6

Watch for **Late Warning Signs** as listed below



LATE WARNING SIGNS of an emergency

- Chest/neck muscles are working hard
- Struggling to breathe
- Trouble walking or talking
- Breathing does not improve or is worse after treatment
- Lips/fingernails are gray or blue

CALL 911 IMMEDIATELY

- Follow the Actions to Take listed above
- Watch the child until help arrives

****NEVER LEAVE A CHILD WITH ASTHMA SYMPTOMS UNATTENDED****

Adapted with permission from a tool developed by the Pediatric/Adult Asthma Coalition of New Jersey

Information in this publication is not intended to diagnose health problems or take the place of medical advice. For asthma or any medical condition, seek medical advice from your child's or your health care professional.

This publication was supported with funds provided by the U.S. Centers for Disease Control and Prevention (CDC) under Cooperative Agreement 5U59EH000523-04. Its contents are solely the responsibility of the authors and do not necessarily represent the official views of the CDC. This document has not gone through the Agency's publications review processes and therefore, may not necessarily reflect the views of the Agency and no official endorsement should be inferred.

Revised: August 2013

