If a student has excessive coughing, wheezing, shortness of breath or chest tightness, they may be having an asthma attack.

1 STOP ACTIVITY
- Help the student to an upright position. Do not have them recline or lie down.
- Ask: “Are you having trouble breathing?”
- Ask: “Do you have asthma?”
- Ask: “Do you have a quick-relief inhaler?”

2 STAY CALM
- Encourage use of a quick-relief inhaler, if available.
- If a quick-relief medication was used, the school nurse should assess the student, if possible. Parent or guardian should be notified.
- If the quick-relief medication does not work, or if the student doesn’t have a quick-relief inhaler, get help.

3 GET HELP
- If the student can walk without difficulty, send them to the school nurse, accompanied by another person. Never send the student alone.
  OR
- Call the school nurse to the classroom or the gym.
  OR
- CALL 911 (or your local emergency number) if the student has ANY of these signs of an asthma emergency:
  - Inability to breathe
  - Struggling to breathe
  - Chest or neck are pulled in or sucked in with each breath
  - Trouble walking or talking
  - Nostrils open wide
  - Lips or fingertips are blue

WRITE IN LOCAL EMERGENCY NUMBER HERE

Always notify parent or guardian.