

STAY HOME OR GO TO SCHOOL?

Clues for Deciding

It is probably ok to go to school or work with any of these symptoms:

- ◆ Stuffy nose, but no wheezing
 - ◆ A little wheezing that goes away with medicine
 - ◆ Able to do your usual daily activities
 - ◆ No extra effort needed to breathe
 - ◆ Peak flow number is in the “Green Zone”
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You should probably stay home *and* consult your health care provider if you have any of these symptoms:

- ◆ Infection, sore throat, or swollen, painful glands
- ◆ Fever over 100 degrees F orally, or 101 degrees F rectally; face hot and flushed.
- ◆ Have had a sleepless night due to asthma symptoms
- ◆ Wheezing, coughing, shortness of breath or chest tightness that still bothers you 1 hour after taking quick-relief medicine
- ◆ Weakness or tiredness that makes it hard to take part in usual daily activities
- ◆ Breathing with difficulty or breathing very fast; cannot speak a full sentence
- ◆ Peak flow score below 80% of personal best, even after taking your quick relief medicine. Parents should watch for good effort with peak flows.

IF YOU ARE IN THE RED ZONE, FOLLOW YOUR EMERGENCY PLAN.



Source: National Asthma Education Program. National Heart, Lung, & Blood Institute (1992), reviewed by Asthma Ready® Communities Staff (2010).