## STAY HOME OR GO TO SCHOOL?

Clues for Deciding

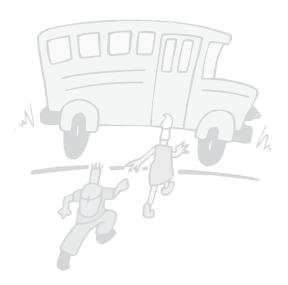
## It is probably ok to go to school or work with any of these symptoms:

- ♦ 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"

## 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).