



STEPS TO FOLLOW FOR AN ASTHMA EPISODE IN THE SCHOOL SETTING WHEN A NURSE IS NOT AVAILABLE

Be prepared. Know which students have asthma and where their medicine is kept.

If a student has asthma symptoms or complaints and needs your assistance,* take these steps.

- **Quickly evaluate** the situation. **Call 911** if the student is **struggling to breathe, talk, stay awake, has blue lips, or asks for an ambulance.**
- **NEVER LEAVE A STUDENT ALONE.**
- **Stop the student's activity.**
- **Help the student locate and take his/her prescribed quick-relief inhaler medicine.**
- **Contact the parent/guardian.**
- **Repeat quick-relief inhaler medicine in 20 minutes** if student is still having trouble breathing.

Call 911 if any of the following occur:

- If the student is **struggling to breathe, talk, stay awake, has blue lips, or asks for an ambulance.**
- If the **student doesn't improve** after two administrations of quick-relief medicine, and nurse/designee or parent/guardian is not available.
- If no quick-relief medicine is available, **the student's symptoms have not improved** spontaneously, and nurse/designee or parent/guardian is not available.
- If you are unsure what to do.

Remember:

* Many students who carry their own medicine may be able to self-manage asthma episodes. They should follow the school protocol. Provide support as needed.

** Common asthma allergens and irritants include tobacco smoke, pollens, furry animals, cockroach droppings, dust mites, chalk dust, or strong odors (for example, from cleaning products, paints, or perfume).

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From: National Heart Lung and Blood Institute, U.S. Department of Health & Human Services; National Institutes for Health at http://www.nhlbi.nih.gov/health/prof/lung/asthma/no-nurse_p.htm .