

FOR SCHOOL FACULTY AND STAFF
First-Aid Tips for Breathing Difficulties

Help the student sit in a comfortable position with his or her shoulders relaxed. Leaning forward with elbows on knees may be helpful. Talk with the child reassuringly.

If there is an asthma action plan for the student, follow the steps prescribed by the child's provider. Encourage the child to take appropriate medicine that the child's provider has prescribed.

If the medicines do not appear to be working effectively, within 10-15 minutes after administration, notify the school nurse (or school administrator who handles these situations) and the parent or guardian. In some cases children with asthma will need emergency medical care.

Never send a student complaining of asthma or breathing problems to the nurse, school office, or anywhere else by themselves!



*Source: Asthma Alert for Teachers. American Lung Association (2003).
Reviewed by Asthma Ready® Communities Staff (2010).*