Asthma Emergency Action Plan

Mild Asthma Attack

- Increase in coughing
- Slight wheeze
- Able to speak in a sentence
- Not distressed

Contact the nurse and/or security.
Until help arrives; help the student to:

- Breath slowly
- Sit upright or lean forward
- Loosen tight clothing
- Take Inhaler
- Repeat as required, up to a maximum of 4 puffs, until symptoms resolve

Is the student responding?

NO

YES

- Reassure student
- Stay with student until attack has resolved then return to class if able
- Inform parent/guardian, if applicable
- Offer a drink to relieve mouth dryness

Severe Asthma Attack

- Using stomach muscles or muscles at the throat?
- Tells you that the inhaler is not working
- Cough/audible wheeze/complaining of tight chest
- Lips/fingernails are turning blue/dusky
- Can't talk

Contact the nurse and/or security.
Until help arrives:

- **Multi-dose inhaler (if available) 10 puffs over 10 minutes through a spacer device**
- **Nebulizer treatment if available by nurse**

Is the student responding?

YES

- Reassure student
- Parent/guardian will be contacted for possible dismissal

NO

- Distressed/gasping or struggling for breath
- Unable to speak in a sentence
- Showing signs of fatigue/exhaustion
- Pale, sweaty, and may be blue around the lips
- Reduced level of consciousness.

- **Dial 911 for EMS assistance/ambulance**
- Follow instructions given by ambulance control staff
- Stay with the student; give reassurance
- Contact parent/guardian

While waiting for the ambulance:

- Continue to give reliever inhaler
- DO NOT attempt to put your arm around the student's back or "cuddle" the student
- Help the student to:
  - Breath slowly
  - Sit upright or lean forward
  - Loosen tight clothing