

**ALEXANDRIA CITY PUBLIC SCHOOLS**  
**Health Information for Staff - ASTHMA**

Your student has an alert on PowerSchool for **ASTHMA**. This is a health condition of which you should be aware. The description of this problem and emergency care are stated below. Please make sure that this information is available to substitute teachers and other grade level teachers who may be supervising or working with this student. This information is confidential and should only be shared on a “need to know” basis.

<b>Description of Condition: ASTHMA</b>
<p><b>What do I look for: Be alert for signs of uncontrolled asthma.</b></p> <ul style="list-style-type: none"><li>• Lingering cough after a cold</li><li>• Persistent cough during the day</li><li>• Coughing during the night or early in the morning</li><li>• Coughing, wheezing, chest tightness, or shortness of breath after vigorous physical activity or activity in cold or windy weather</li><li>• Low level of stamina during physical activity or reluctance to participate</li><li>• Coughing, wheezing, chest tightness, or shortness of breath even though the child is taking medicine for asthma</li><li>• Increased use of asthma medicine to relieve coughing, wheezing, chest tightness, or shortness of breath</li></ul>
<p><b>What do I do?</b></p> <p>If student has excessive coughing, wheezing, shortness of breath, or chest tightness:</p> <ol style="list-style-type: none"><li>1. Help to an upright position; speak calmly and reassuringly.</li><li>2. Make sure the student’s airway is open and they are not choking.</li><li>3. For students carrying a personal inhaler, allow use of quick-relief inhaler. (Students in elementary school are not allowed to carry inhalers.)</li><li>4. If initial dose of inhaler is ineffective, send student to the health clinic accompanied by a responsible peer or staff member.</li><li>5. If no quick relief inhaler is available, send to health clinic accompanied by a responsible peer or staff member.</li><li>6. Keep the student with you and call the health clinic or the main office, if the nurse is unavailable. Ask for emergency help from the school nurse or designated emergency staff, if the student has any of the following:<ol style="list-style-type: none"><li>a. Struggling to breathe</li><li>b. Unable to talk in a complete sentence without taking a breath or uses few words</li><li>c. Confused</li><li>d. Unable to walk due to shortness of breathe</li><li>e. Lips or fingers are discolored (blue tinged)</li></ol></li></ol> <p><b>A quick assessment must be made to determine if the student needs emergency services.</b></p>
<p><b>EMERGENCY SERVICES ARE REQUIRED FOR THE FOLLOWING:</b></p> <p><b>Not breathing</b></p> <p><b>Unconscious</b></p> <p><b>FOLLOW 911 PROTOCOL-Begin CPR</b></p> <p><b>Alert emergency responders that the student has asthma.</b></p>