

Action Care Plan: Asthma

Overview: Asthma is a chronic disease that can be serious-even life threatening. It can affect people of all ages. There is no cure for asthma, but it can be managed so people may live a normal, healthy life. Asthma is a common lung disorder in which inflammation causes the airways of the lungs to swell and narrow, creating breathing difficulties. Asthma can be caused by genetics, family history, allergies, pollutants or poor air quality, smoke, physical activity, viruses, respiratory infections, chemicals and odors, seasonal changes and even emotions.

Signs & Symptoms	Teacher's Action Plan
<p>Mild to Moderate:</p> <ul style="list-style-type: none"> • Coughing • mucus • wheezing • chest tightness • shortness of breath <p>*With these should still be able to talk in full sentences and do usual activities.</p> <p>Severe:</p> <ul style="list-style-type: none"> • Very short of breath • Trouble walking and talking due to Shortness of breath • Inhaler doesn't help • Lips or fingernails are blue 	<p>Notify health assistant or Nurse as soon as you observe any signs or symptoms. If student is able send them to health office with a buddy.</p>

WHEN TO CALL 911

Severe Symptoms or Loss of Consciousness

[illegible]