

# ASTHMA EMERGENCY PLAN

Emergency action is necessary when the student has symptoms such as increased shortness of breath, chest tightness, coughing and/or wheezing or has a peak flow reading of less than 80% of their personal best.

Steps to take during an asthma episode:

**Contact school nurse immediately** (or other designated person)

Review the student's Individualized Asthma Action Plan (do not spend more than 30 seconds for this)

Give student rescue inhaler (e.g. bronchodilator/albuterol puffer) 2-4 puffs with a spacer device if immediately available. A nebulizer may be used, if available and you know how to use it. The bronchodilator may be repeated every 5 minutes. \*(See EMERGENCY INSTRUCTIONS below)

If student feels "fine" within 5 minutes and/or peak flow is 80% of personal best or better...

Have student return to classroom.

Contact parent(s)/guardian(s) by phone call or letter to notify them by day's end of the exacerbation.

If student does not feel "fine" within 5 minutes and/or peak flow is less than 80% of personal best...

Contact parent(s)/guardian(s) immediately.

## EMERGENCY INSTRUCTIONS

Seek emergency medical care (Call 911 or activate EMS system) if the student has any of the following:

1. Peak flow of less than 50% of personal best
2. Hard time breathing with:
  - a. Chest and neck pulled in with breathing (retractions)
  - b. Child is hunched over
  - c. Child is struggling to breathe
3. Trouble walking or talking in sentences.
4. Stops activity abruptly and unable to restart it.
5. Lips or fingernails or gray, blue or pale

**Document occurrence in student's school records**