

## **5 Steps to Follow for an Asthma Episode in the School Setting**

*If student has excessive coughing, wheezing, shortness of breath, or chest tightness:*



Help to an upright position; speak calmly and reassuringly



Follow individualized action/emergency plan for use of quick-relief inhaler



If quick-relief inhaler or action/emergency plan not available, send to health office accompanied by peer or with staff member



Get emergency help from school nurse or designated emergency staff if student has any of these:

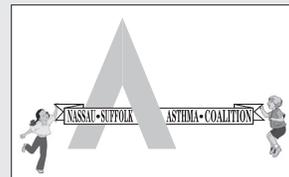
- Inhaler not helping
- Breathing hard & fast
- Nostrils open wide
- Can't walk or talk well

**Call  
911**

If not breathing, unconscious, lips are blue, struggling to breathe (hunched over or ribs show), or other signs of distress

**Notify parent or guardian.**

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Contact (631) 231-5864 X12