

ACTION PLAN FOR AN ASTHMA FLARE-UP WHEN A NURSE ISN'T AVAILABLE

ADVANCE PREPARATION:

- Know which students have asthma and if they have permission to carry their own medications to school.
- Check periodically to see if the child does have medications at all times.
- If they don't have permission to carry their meds in school, where are their medications stored? How can you get it quickly?
- Request a copy of their action plan. Learn which students have no medications available.

IF AN ASTHMA FLARE-UP OCCURS:

- React quickly but calmly to assess the situation. Make note of the time
- Does the child want and need you help?
- NEVER leave the student alone
- Stop their activity and help them remain calm
- Help them use their quick-relief medicine (Albuterol inhaler) if they have it, or send someone to get it.
- If the child is still having trouble breathing 20 minutes after using their quick-relief inhaler, use it again
- If there is no relief after 2 doses and you can't reach a nurse or the parents, call 911
- If the child has no inhaler or medications, call 911 immediately then
- Call the child's parents/guardian or emergency contact

CALL 911 IMMEDIATELY

- If the student is hunched over trying to breathe or shows other signs of difficult breathing, can't talk, if they are having trouble staying awake, if their lips or fingertips are turning blue, or if they ask for an ambulance
 - If you can't reach the child's parents/guardian immediately
 - If the child has no quick-relief (Albuterol inhaler) medication
 - If you're not sure what to do
- Never let the child go to the ER alone; an adult they know and trust should accompany them and stay with them until the parents/guardian arrives

Courtesy of
The Asthma & Allergy Foundation of America, Texas
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Reference source: National Asthma Education & Prevention Program

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