

What Do I Do When an Asthma Attack Occurs at School?

- 1 Determine if the student is having an asthma attack by monitoring for wheezing, coughing, difficulty breathing, tightness in chest, and blue lips and nails, or by checking his/her peak flow meter reading (if child's labored breathing is not too severe).
- 2 If possible, review the student's Asthma Action Plan.
- 3 Help the student sit up, with shoulders relaxed.



- 4 Speak in a calm voice.
- 5 Assist the student in administering prescribed medication (emergency inhaler) per the Asthma Action Plan and/or student's emergency health care plan.
- 6 If the student continues to have difficulty breathing, follow the health provider's Asthma Action Plan and/or the student's emergency health care plan.
- 7 Call 9-1-1. NEVER leave student alone. If possible, remove other students from the situation.
- 8 Notify the school nurse and parents. If asthma attacks are frequent, better management of environmental triggers and/or asthma education may be needed to improve the student's health status.
- 9 Document according to school nurse procedures.
- 10 Debrief with the school nurse.
- 11 Continue to monitor asthma environmental triggers.
- 12 Utilize the expertise of the school-based health center if one is available to your school. The school-based health center can assist with education, emergency situations, debriefing, identifying triggers and providing medical services for students with asthma.



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