First Aid for Exercise-Induced Asthma

Student _____ School _____

Date of Birth _____ Today's Date _____

Information for Physical Educators, Coaches and Trainers

If, during physical activity, you notice that a student is having difficulty breathing, coughing frequently, or wheezing (noisy when breathing out), it may be asthma:

1. **STOP** the student's activity and encourage the student to sit and rest.
2. **Call 911 immediately** if student requests or is in severe distress--struggling to breathe, lips blue, unable to walk or talk.
3. Follow the designated **asthma management plan** (individual student plan, if available, or school protocol).
4. Follow the school protocol to notify the **school nurse** (or other designated staff) if medication is not available or if symptoms are not resolved within 5 to 10 minutes after using the inhaler.
5. **Never** let a child with breathing problems leave the gym or field **alone.**
6. If symptoms resolve, permit students to **resume activity** when they are ready, according to their asthma management plan.
7. Follow the school protocol to **inform parents** of the event and document actions taken.

Additional Comments:

This guidance sheet was developed as a partnership activity facilitated by the NAEPP, coordinated by the NHLBI of the NIH/DHHS. Other Contributors include: West Virginia Asthma Education and Prevention Program, Asthma and Allergy Foundation of America, Allergy and Asthma Network: Mothers of Asthmatics, American Lung Association, American School Health Association, Center for Disease Control and Prevention, The National Association of State Boards of Education, and The Society for Public Health Education.