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