

WHAT TO DO IN AN ASTHMA ATTACK

A Teacher's Quick Guide

1

Symptoms of an Asthma Attack



MILD

Short of breath, wheezing, coughing, fatigue, restless, irritable and/or quiet



MODERATE

Loud breathing, difficulty speaking in full sentences, signs of distress. These symptoms can escalate quickly and require immediate action



SEVERE

Trouble breathing, excessive coughing or wheezing, chest tightening, shortness of breath, lips or hands turning blue, cannot finish sentences

2



Take a seat

Keep the student upright, leaning slightly forward. Rest their arms on their knees or a desk. Stay with them and keep your voice calm.

3



Medication Time

Have the student use their reliever inhaler (usually blue) immediately. Always use a spacer if available as this improves medication delivery and outcomes. Ensure students always have their reliever inhaler accessible at school.

4



Watch and Respond

If symptoms persist or worsen, call 911 and keep using the reliever inhaler every 5-15 minutes until medical help arrives.

5



Call Home

Contact the student's parent or guardian as soon as emergency help is on the way to explain what happened.

6



Support Recovery

When the student is free of wheeze, cough, or breathlessness, allow them to rest quietly before returning to learning. If symptoms return, repeat treatment. Ensure the student is scheduled to see a healthcare provider after any asthma attack to reassess control and prevent future emergencies.



TEACHER'S NOTES

If signs of an asthma attack appear, contact a parent, or call 911 if symptoms get worse. **Acting quickly can save a life!**