

DOING WELL

■ ALL of these:

- Breathing is normal
- No coughing or wheezing

GETTING WORSE

■ ANY of these:

- Breathing is difficult
- Gaspings for breath
- Coughing and/or wheezing
- Tightness in chest
- Cannot work/play easily

EMERGENCY

ANY of these:

- Very difficult to breathe
- Nostrils are open wide
- Ribs are showing
- Medicine is not helping
- Trouble walking or talking
- Pale, ashen or bluish looking skin
- Lips or fingernails are grey

ASTHMA COACH CARD

WHAT TO DO DURING AN ASTHMA ATTACK

1. Have the athlete **STOP** whatever activity he/she is doing.
 - Send another player to get the school nurse and/or parent at event. **DO NOT** leave the athlete alone.
2. Follow the athlete's Asthma Action Plan if there is one.
3. If the athlete has a **RESCUE INHALER**, have the athlete use it **IMMEDIATELY**. Generally, an athlete should:
 - Take 1 puff, hold breath for 10 seconds and exhale.
 - Wait 1-2 minutes between puffs.
 - Take another puff, hold breath for 10 seconds and exhale.
- Have the athlete sit up and slowly breathe in through the nose and out through pursed lips.
- Give sips of room temperature water.
4. **REPEAT** above steps if **SYMPTOMS CONTINUE**.
5. **ONLY IF** and **WHEN** symptoms are **COMPLETELY** gone can the athlete go back to playing.
6. **IF SYMPTOMS REOCCUR** after the athlete resumes playing, repeat these steps and **DO NOT** allow the athlete to resume playing for the remainder of the game.

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