

# 5 Steps to Follow for an Asthma Episode in the School Setting

**If student has excessive coughing, wheezing, shortness of breath, or chest tightness:**



Help to an upright position; speak calmly and reassuringly.



Follow individualized Asthma Action Plan/Emergency Plan for use of quick-relief inhaler.



If quick-relief inhaler or Asthma Action Plan/Emergency Plan is not available, send to health office accompanied by peer or with staff member.



Get emergency help from school nurse or designated emergency staff if student has any of these:

- Inhaler not helping
- Breathing harder and faster
- Nostrils open wide
- Can't walk or talk well

**Call  
911**

If not breathing, unconscious, lips are blue, struggling to breathe (hunched over or ribs show), or other signs of distress.

**Notify parent or guardian.**

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