



# STEPS TO FOLLOW FOR AN ASTHMA ATTACK IN THE SCHOOL SETTING

**Does the student have rapid breathing, excessive coughing, wheezing, shortness of breath or chest tightness? Are the lips, tongue, or nailbeds turning blue? They may be having an asthma attack.**

**Step 1: STOP ACTIVITY**

- Help the student to an upright position. Do not have them recline or lie down.
- Ask: “Are you having trouble breathing?”
- Ask: “Do you have asthma?”
- Ask: “Do you have a quick-relief inhaler?”

**Step 2: Stay with the Student and Remain CALM**

- If the student has an Asthma Action Plan, follow the recommendations from the primary care provider. If the student can walk without difficulty, send them to the school nurse or other qualified personnel accompanied by another person. Never send the student alone.
- If a quick-relief medication was used, and the symptoms improved, notify the parent or guardian.
- If the symptoms have not improved or worsen after quick-relief medication was used, or if the student does not have a quick-relief inhaler, get help.
- If the student cannot walk without difficulty, call for help.

**Step 3: GET HELP**

- Call the school nurse or other personnel. To student’s location.  
OR
- CALL 9-1-1 (or your local emergency number) if the student has ANY of these signs of an asthma emergency:
  - Inability to breathe.
  - Struggling to breathe.
  - Chest or neck are pulled in or sucked in with each breath.
  - Trouble walking or talking.
  - Nostrils open wide.
  - Lips or fingertips are blue.

**WRITE IN LOCAL EMERGENCY NUMBER HERE**

**Always notify a parent or guardian.**

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