



STEPS TO FOLLOW FOR AN ASTHMA ATTACK IN THE PRESCHOOL SETTING



If a student has excessive coughing, wheezing, shortness of breath or chest tightness, 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 an inhaler?”

Step 2: STAY CALM

- If the student has a Health Care Plan or an Asthma Action Plan, follow the recommendations from the primary care provider.
- If the student does not have an Asthma Action Plan, get help.

Step 3: GET HELP

- **CALL 911 (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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