

THE SCHOOL DISTRICT'S PLAN FOR RESPONDING TO AN  
**ASTHMA EPISODE** IS OUTLINED BELOW  
[FOLLOW IF THE STUDENT DOES **NOT** HAVE AN  
INDIVIDUALIZED CARE PLAN AVAILABLE]

- Stop current activity and allow to rest. Help student relax.
- Use quick-relief inhaled medication as directed and available
- Observe student to ensure symptoms improve both as felt and observed.
- Contact parent if symptoms get worse or do not improve within 15-20 minutes after treatment.
- If parent or emergency contacts are not available, contact physician.

**THE FOLLOWING SYMPTOMS MAY INDICATE AN ASTHMA EMERGENCY  
CALL 911 AND PARENTS**

- Student is hunched over with shoulders lifted, struggling to breathe
- Difficulty completing a sentence without pausing for breath
- Lips or fingertips grey or blue