

ASTHMA/WHEEZING/BREATHING DIFFICULTY

Students with a history of breathing difficulties, including asthma/wheezing, should be identified to all staff. A health or emergency care plan should be developed.

A student with asthma/wheezing may have breathing difficulties, which include:

- Wheezing - high-pitched sound during breathing out (exhaling).
- Rapid breathing.
- Flaring (widening) of nostrils.
- Increased use of stomach and chest muscles during breathing.
- Tightness in chest.
- Excessive coughing.

If available, refer to the student's health or emergency care plan.

Does the student have a healthcare provider and parent/guardian approved medication?

YES

Administer the medication as directed.

NO

Encourage the student to sit quietly, breathe slowly and deeply in through the nose and out through the mouth.

Did the breathing difficulty develop rapidly?
Are the lips, tongue or nail beds turning blue?
Are symptoms not improving or getting worse?

NO

Contact responsible school authority & parent/guardian.

YES

CALL EMS/911

- If unable to reach parent/guardian, monitor student closely.
- If symptoms worsen, **CALL EMS/911**.

Document care provided and medication administered, if applicable.