

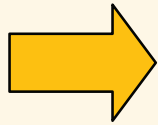
Managing Asthma Attacks

TAKE ACTION

If **any** of the following occur:

- Continuous coughing
- Trouble breathing
- Chest tightness
- Wheezing (whistling sound in chest)

Student may also be restless, irritable and/or very tired.



Step 1: Immediately use fast-acting reliever inhaler (usually a blue inhaler). Use a spacer if provided.



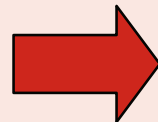
Step 2: Check symptoms. Only return to normal activity when all symptoms are gone. If symptoms get worse or do not improve within 10 minutes, this is an **emergency** – follow steps below.

EMERGENCY

If **any** of the following occur:

- Breathing is difficult and fast
- Cannot speak in full sentences
- Lips or nail beds are blue or gray
- Skin on neck or chest sucked in with each breath

Student may also be anxious, restless and/or very tired.



Step 1: Immediately use fast-acting reliever inhaler (usually a blue inhaler). Use a spacer if provided.



Call 911 for an ambulance. Follow 911 communication protocol with emergency responders.



Step 2: If symptoms continue, use reliever inhaler every 5-15 minutes until medical help arrives.

While waiting for medical help to arrive:

- ✓ Have student sit up with arms resting on a table (**do not** have student lie down unless it is an anaphylactic reaction).
- ✓ **Do not** have student breathe into a bag.
- ✓ Stay calm, reassure the student, and stay by his/her side.
- ✓ Notify parent/guardian or emergency contact.

This publication is available in Accessibility for Ontarians with Disabilities Act (AODA) electronic format at www.on.lung.ca/resources.

To learn about asthma call The Lung Association Lung Health Information Line at 1-888-344-LUNG (5864) or visit www.on.lung.ca

B R E A T H E
the lung association

 phea
Healthy Schools
Healthy Communities

 Ontario