

Asthma (Reactive Airway Disease)

Note

If you see the telephone symbol (☎) next to any sign below occurring in the student, call for help (EMS/9-1-1, school nurse, first aid-trained staff).

Look for

- ☎ Absent or hard and fast breathing
- ☎ Unconsciousness (unresponsive)
- ☎ Cannot get the student to respond; student not able to follow directions or think clearly
- Nostrils open wide
- Can't walk
- Bluish, pale skin color
- Sitting/leaning forward to aid breathing
- Anxious appearance

Listen for

- ☎ Can't talk without stopping to breathe
- Coughing
- Wheezing or unusual breathing sounds

Action

1. Begin CPR (p. 37) for absent breathing if you are trained.
2. Assist with administering prescribed asthma medication if you are trained.
3. Allow student to assume most comfortable position.
4. Use calm, quiet, voice to encourage student's slow, deep breathing and refocusing on pleasant thoughts/images.
5. Offer warm fluids if student can safely swallow.
6. If in 15 minutes student is breathing comfortably (and EMS/9-1-1 not called), student may return to class.

