

Asthma Emergency Plan



Emergency plan for the student with increased **breathing difficulty** or **persistent cough**:

- Have the student **stop all activity and notify the nurse.**
- Do not send student to clinic without an escort.
- Student should sit in an upright position with legs crossed at ankles and elbows on knees (tripod position). This will help relax shoulders and may help them breathe more easily.
- Student should use prescribed medications/inhaler/nebulizer.
- Offer room temperature water, and encourage pursed lip breathing
- **Activate EMS (911)** system if medication is not effective within 5 minutes or if symptoms worsen (cyanotic/blue appearance, altered level of consciousness...)