

Mt. Zion Community School District #3 Asthma Emergency Response Protocol

Purpose:

The purpose of this document is to provide a quick reference guide to assist a student experiencing an Asthma episode.

Equipment and Supplies:

1. Student's prescribed quick relief medication a.k.a. **Inhaler**. If student does not have their inhaler on them, summon school staff members who have access to the medication.
2. Student's Asthma Action Plan (if available)

Procedure:

Asthma episode:

Excessive coughing, wheezing, shortness of breath, chest tightness or difficulty breathing.

1. Allow student to use Inhaler if student is carrying inhaler, assist with giving medication if needed.
2. Summon or notify school nurse of symptoms student is exhibiting
3. Reassure student and assist to an upright sitting position, do not allow student to lie down or sleep
4. Encourage slow deep breaths
5. Move student indoors

Severe Asthma Episode:

If student has any one or more of the following severe Asthma Symptoms:

- **Very fast or hard breathing**
- **Nasal flaring (open wide)**
- **Inhaler has been used and is not helping**
- **Can't talk or walk well**
- **Lips or fingernail beds are bluish**
- **Struggling to breathe**
- **Unconscious**

Do this in the following order:

1. **Call 911 Immediately**
2. **Call School Nurse if not already present**
3. **Call Parent /Guardian**
4. **Stay with the student until improves or emergency personnel arrive**