ASTHMA/WHEEZING OR DIFFICULTY BREATHING

Students with a history of breathing difficulties, including asthma/wheezing should be known to all school staff and an asthma plan in place. An emergency care plan should also be developed.

A student with asthma/wheezing may have breathing difficulties which include the following.

- Rapid breathing
- Flaring (widening) of nostrils
- Tightness in chest
- Blueness of lips, tongue or nail beds
- Excessive coughing
- Taking a breathe in between words when speaking
- Wheezing (high-pitched) sound during breathing out
- Increased use of stomach and chest muscles during breathing

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If available, refer to student's health/emergency care plan. Titrate asthma action plan. (oximetry/oxygen)

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Does student have parent/guardian-approved medication?

YES → Administer and repeat medication as prescribed.

NO ↓

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

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

NO → Contact responsible school authority & parent/legal guardian.

YES ↓

CALL EMERGENCY MEDICAL SERVICE.