Asthma and Breathing Trouble

Symptoms of breathing trouble:
- Unusually slow or fast breathing
- Breaths unusually deep or shallow
- Gasping for breath
- Wheezing, gurgling, high-pitched noises
- Skin unusually moist
- Skin flushed, pale, ashen/blush looking
- Person feels short of breath
- Person feels dizzy or light-headed
- Chest pain or tingling in hands or feet
- Person feels apprehensive or fearful
- Coughing
- Possibly restlessness or upset stomach

Care of asthma and breathing trouble
- Remain calm and reassure person.
- Have person sit up and breathe evenly, breathing in through nose, breathing out with pursed lips.

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- OVER -
### Care of asthma & breathing trouble

- If asthma episode is suspected, give glass of room temperature water to sip.
- Elevate arms to shoulder level and provide support for the arms (desk or back of chair).
- Notify your site's health office to:
  - Give medication if ordered and available (some students carry their asthma inhaler with them)
  - Contact parent/guardian.

### Reasons to call 911:

- If not breathing
- Blue lip area or blue nailbeds
- Difficulty talking, walking or drinking
- "Quick relief" reliever medication (inhaled bronchodilator such as albuterol) is ineffective, unavailable, or used too recently to repeat
- Neck, throat, or chest retraction (Sucking in of the skin between ribs or at base of the neck)
- Nasal flaring when inhaling
- Obvious distress
- Altered level of consciousness/confusion
- Rapidly deteriorating condition

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