

Document courtesy of: Healthy Learners Asthma Initiative, Minneapolis Public Schools, Health Related Services Phone# 612-668-0850 or website: www.healthylearners.org.

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 retractions (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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