

Asthma School Emergency Plan



1 Am I Wheezing, Coughing or Short of Breath?

- Call for help.
- Sit up and keep me calm.
- If I do not have my inhaler with me then please ask someone to get the Asthma Emergency Medication Kit urgently.

If I am **BLUE, EXHAUSTED** or you are **VERY WORRIED** about me **Call 999**
and follow operators advice.

2 Using an inhaler (I will need help with these steps).

- Shake my reliever inhaler before use, remove the cap and then place into my spacer
- Place the mouth piece of the spacer between my teeth and lips to make a seal. If I have a spacer with a mask, ensure there is a good seal around my mouth and nose.
- I need to spray **ONE** puff and then take **FIVE** slow steady breaths.
- I will repeat the above steps for each puff of the reliever inhaler, allowing about 30 seconds between each puff. Repeat this **UP TO TEN** times.
- If child is not better then arrange for **EMERGENCY HELP** – see below.

3 EMERGENCY HELP

- o I am not getting better
- o I look very unwell
- o I am exhausted
- o I am going blue
- o I have collapsed
- o I am finding it very hard to breathe

CALL 999 AND FOLLOW OPERATOR ADVICE.

4 I am feeling better

- o My initial symptoms have now resolved. Please let me rest for 10-20 minutes following using my inhaler. Check in with me through the day.
- o Please inform my parents/carers
- o Please inform the Asthma Champion that I have required my inhaler or the emergency kit to be used.
- o If the emergency inhaler/spacer is used, then please ensure steps are taken to replace urgently.