

ASTHMA -WHEEZING - DIFFICULTY BREATHING

Students with a history of breathing difficulties including asthma/wheezing should be known to appropriate school staff. A care plan which includes an emergency action plan should be developed. N.C. law allows students to possess and use an asthma inhaler in the school. Staff must try to remain calm despite the student's anxiety. Staff in a position to administer approved medications should receive instruction.

A student with asthma/wheezing may have breathing difficulties which may include:

- Uncontrollable coughing.
- Wheezing – a high-pitched sound during breathing out.
- Rapid breathing
- Flaring (widening) of nostrils
- Feeling of tightness in the chest.
- Not able to speak in full sentences.
- Increased use of stomach and chest muscles during breathing.

- Did breathing difficulty develop rapidly?
- Are the lips, tongue or nail beds turning blue?

YES



**CALL EMS
9-1-1**

NO

Refer to student's
emergency care plan

Does the student have doctor – and
parent/guardian – approved
medication?

YES

Has an inhaler already been used?
If yes, when and how often?

NO

YES

NO

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

Administer
medication as
directed.

Are symptoms not improving or getting
worse?

NO

Contact responsible school
authority & parent/legal
guardian.

YES



**CALL EMS
9-1-1**