

Asthma in School

A



Assess

Mild - Short of breath, wheeze, cough, chest tightness.

Moderate - Loud wheeze, breathing difficulty, can only speak in short sentences.

Severe - Distressed, gasping for breath, difficulty speaking two words, blueness around the mouth.

If the child has severe asthma or is frightened, call an ambulance on 111.

S



Sit

Sit the child upright and stay with them. Lean them forward slightly and support their arms either on their knees or on a table.

T



Treat

Treat with any reliever inhaler, using a spacer when possible.

Mild symptoms - Treat with 2 puffs of reliever inhaler, one puff of medicine at a time, taking 6 breaths per puff.

Moderate or severe symptoms - Treat with 6 puffs of reliever inhaler, one puff of medicine at a time, taking 6 breaths per puff.

H



Help

If not improving after 6 minutes, call an ambulance and contact a parent or caregiver.

Continue to use the reliever inhaler - 6 puffs every 6 minutes until help arrives. In this situation, you will not overdose the person by giving them the reliever every few minutes.

Remember - 6 puffs of medication, 6 breaths per puff, and repeat every 6 minutes.

M



Monitor

If improving after 6 minutes, keep monitoring and contact a parent or caregiver.

If necessary, repeat puffs of reliever inhaler.

A



All OK!

When free of wheeze, cough or breathlessness, return to a quiet activity.

If symptoms recur repeat treatment and rest.

Remember - It is important to always see a doctor after an asthma attack.

Find out about managing your child's asthma at: learnaboutlungs.org.nz