Asthma in School

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.

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.

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.

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.

Monitor

If improving after 6 minutes, keep monitoring and contact a parent or caregiver.
If necessary, repeat puffs of reliever inhaler.

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