

Asthma in America Project – Phase II

It Takes a Village to Care for a Child with Asthma

Appendix A

Teacher Reference Card

(FRONT)

MILD ASTHMA SYMPTOMS

- Continuous cough
- Chest tightness
- Difficulty breathing
- Wheezing
- Restlessness, irritability

TREATMENT →

- Administer prescribed relief inhaler
- Stay calm, remain with child
- Encourage slow deep breaths
- Offer water(sips)/warm liquids
- If no improvement in 15min →
NOTIFY SCHOOL NURSE/ PARENT
- If improvement in 15min →
child may resume activities



(BACK)

ASTHMA EMERGENCY

- Difficulty speaking full sentence
- Blue lips, nails or gums
- Severe cough
- Difficult and rapid breathing

TREATMENT →

- **CALL 911, NOTIFY SCHOOL NURSE/PARENT**
- Administer relief medications as prescribed
- Stay calm, remain with child
- Encourage slow deep breaths

