ASTHMA/WHEEZING OR DIFFICULTY BREATHING

A student with asthma/wheezing may have breathing difficulties which include the following:
- Rapid breathing
- Tightness in chest
- Excessive coughing
- Taking a breath in between words when speaking
- Wheezing (high-pitched) sound during breathing out
- Increased use of stomach and chest muscles during breathing

If available, refer to student’s health/emergency care plan. Titrate asthma action plan. (oximetry/oxygen)

Does student have parent/guardian-approved medication?  

YES → Administer and repeat medication as prescribed.

NO → Encourage the student to sit quietly, breathe slowly and deeply through the nose and out through the mouth.

- Are the lips, tongue or nail beds turning blue?
- Are the symptoms not improving or getting worse?
- Did breathing difficulty develop rapidly?

NO → Contact responsible school authority & parent/legal guardian.

YES → CALL EMERGENCY MEDICAL SERVICE.

Students with a history of breathing difficulties, including asthma/wheezing should be known to all school staff and an asthma plan in place. An emergency care plan should also be developed.