


# Asthma Emergency Plan

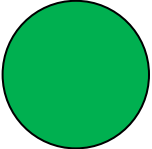
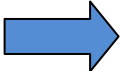
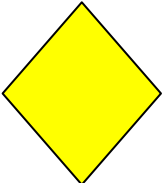
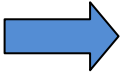
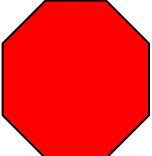
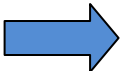
**ASTHMA** is a chronic lung disease characterized by attacks of breathing difficulty. It is aggravated by allergies, exercise, irritants, emotions, illness, cold and medications.

## KNOW SYMPTOMS OF ASTHMA

	<p>Coughing Wheezing Difficult breathing Chest tightness Shallow breathing Fast breathing Retraction Blue face &amp; lips</p>
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## ASTHMA ACTION PLAN

If a student is having Asthma Symptoms, **QUICK RELIEF MEDICATION** is needed – usually an inhaler.

<p><b>GO</b></p> 	<p>Breathing easily - No coughing - Able to work and play easily</p> <p> <b>MAINTAIN THERAPY</b></p> <p>Asthma does not interfere with work or play. No action needed.</p>
<p><b>CAUTION</b></p> 	<p>Coughing - Wheezing - Short of Breath - Feeling tightness in chest</p> <p> <b>STEP UP THERAPY</b></p> <p>Asthma is getting worse. Student needs Quick Relief Med! Symptoms should resolve in 15 minutes.</p>
<p><b>STOP</b></p> 	<p>Medicine isn't helping - Breathing is difficult - Unable to walk or play Unable to talk without shortness of Breath</p> <p> <b>GET HELP NOW!</b></p> <p>Asthma is severe – CALL 911!</p>