

HOW TO RESPOND TO AN

# ASTHMA EMERGENCY

1. Stop child's activity and move him or her away from the trigger that started the symptom(s).
2. Stay calm, speak reassuringly, and provide privacy.
3. Allow student to choose sitting or standing position.  
— Never force a student to recline.
4. Find and follow medication requirements on asthma action plan.  
— If student has no plan and no medication, call 911 as quick as possible.
5. Call health professional in school.
6. If no response to medication within 5 to 10 minutes, call 911.
7. Monitor for 4 hours.

**CALL 911  
IMMEDIATELY IF:**

- ! Lips or fingernails are blue
- ! Skin is retracted, sucking between ribs
- ! Student looks disoriented
- ! Student cannot walk
- ! If student's symptoms do not get better
- ! Symptom(s) reappear within 4 hours



For more information, more books, or just more help with asthma, call the American Lung Association of Michigan at **1-866EZLUNGS (1-866-395-8647)**

[www.getastmahelp.org](http://www.getastmahelp.org)