

School Asthma Action Plan - for reference

**If I am wheezy, coughing, short of breath or saying my chest hurts
(I may say my tummy hurts)...**

- Stay with me and if necessary, call for help.
- Keep me calm
- Sit me up and slightly forward
- Shake my reliever inhaler (blue) and remove the cap and connect it to the spacer
- I need to put the spacer in between my teeth and lips and make a seal. I need one puff of the inhaler and then take 10 breaths. You may need to help me.
- I need to do this 2-4 times
- If my inhaler is not available you will need to use the school emergency inhaler/spacer

If my reliever inhaler has had little or no effect

- I have difficulty walking
- Unable to talk in a full sentence or go quiet
- I am coughing or wheezing more
- I am breathing hard and fast
- My nostrils are flaring
- I am lethargic

- Give me 10 puffs of the reliever inhaler with my spacer using the instructions in the green box. You do not have to give the 10 puffs before ringing 999 if you are worried.

THINK ANAPHYLAXIS!!

DO I HAVE ALLERGIES AND AN EPIPEN? IF I AM NOT GETTING BETTER, I MAY BE HAVING AN ANAPHYLACTIC REACTION.

FOLLOW MY ALLERGY MANAGEMENT PLAN.

CALL AN AMBULANCE 999 AND STATE I AM HAVING AN ANAPHYLACTIC REACTION

Call 999 for an ambulance

School Postcode

- If there is no improvement
- You are worried or unsure
- If I am exhausted
- If I am going blue
- If I have collapsed

Call my parent/carer and continue to give me 10 puffs every 15 minutes until medical help arrives or I improve.