

Name of School.....School Asthma Action Plan

**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.
- Give me 2-4 puffs of my reliever inhaler (blue) using a spacer
- 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. 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.