**Steps to follow for an Asthma Episode in School**

**Green Zone**: Be prepared. Know which students have asthma and where their medicine is kept.

Common symptoms of an asthma episode include one or more of these: coughing, wheezing, difficulty breathing, tightness in the chest, shortness of breath and breathing hard and/or fast.

Be alert for students who may have asthma symptoms.
- Symptoms can become worse and lead to severe, even life-threatening asthma attacks.
- Treating symptoms promptly can prevent asthma episodes and allow the student to resume school activities.

**Yellow Zone**: If a student has asthma symptoms or complaints and needs your assistance,* take these steps.

- Quickly evaluate the situation. Call 911 if the student is struggling to breathe, talk, stay awake, has blue lips, or asks for an ambulance.
- NEVER LEAVE A STUDENT ALONE. Have an adult accompany the student to the office or send for help. **Do not wait.**
- Stop the student’s activity. Remove the student from any allergen or irritant** if possible. Help the student be calm and in a comfortable position.
- Help the student locate and take his/her prescribed quick-relief inhaler medicine.
- Contact the parent/guardian.
- Repeat the parent/guardian.
- Repeat quick-relief inhaler medicine in 20 minutes if student is still having trouble breathing.

**Red Zone**: Call 911 if any of the following occur:

- If the student is struggling to breathe, talk, stay awake, has blue lips, or asks for an ambulance.
- If the student doesn’t improve after two administrations of quick-relief medicine, and nurse or parent/guardian is not available.
- If no quick-relief medicine is available, the student’s symptoms have not improved spontaneously, and nurse or parent/guardian is not available.
- If you are unsure what to do.

**DO NOT try to treat severe symptoms yourself.**

When in doubt call 911.

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