

# How Do I Manage a Pupil Having an Asthma Attack?

**What are you seeing?**

## Mild/Moderate Symptoms

- Cough
- Wheeze
- Shortness of breath
- Chest tightness/pain
- Sore tummy
- Not as active/quiet

## Severe/life threatening Symptoms

- Rapid breathing rate
- Heaving upper body
- Inability to talk in full sentences
- Colour change in skin or lips
- Distress/confusion

### Actions

- Be calm and reassuring
- Encourage pupil to sit down and loosen clothing if needed
- Take 2 puffs of the blue inhaler through a spacer, 1 puff at a time. Make sure you shake the inhaler between each puff.
- Keep doing this every 10 minutes if there are still symptoms up to a total of 6 puffs.
- Encourage a normal breathing rate if the pupil is able.

### Actions

- Ask a colleague to DIAL 999 (ambulance) and then contact parent/guardian
- Be calm, confident, reassuring
- Administer 1 puff of reliever (blue) inhaler every 30 secs through a spacer
- Shake before each puff, give 1 puff at a time, and count 4-5 breaths for each puff
- Follow the actions above until the ambulance arrives

If losing consciousness (rare) follow emergency first aid procedures.

**Is the pupil responding?**

No

Yes

### Actions

- Allow to sit for 15-20 mins observed by a member of staff
- Allow to return to class
- Inform parent/carer
- If symptoms return after 4 hours, repeat and ask parent/carer to collect