

## Appendix P.2 For School Staff

### ASTHMA ATTACK SIGNS AND SYMPTOMS

#### Early Warning Signs and Symptoms

Most people think that an asthma attack starts suddenly. Many students show “early warning signs” before the episode begins. Consider developing a list, with the student, of his or her early warning signs and symptoms. If they occur, follow the student’s Individual Health or School Emergency Asthma Plan.

- |                                                                  |                                                                        |
|------------------------------------------------------------------|------------------------------------------------------------------------|
| <input type="checkbox"/> coughing                                | <input type="checkbox"/> itchy watery eyes                             |
| <input type="checkbox"/> itchy throat or chin (tickle in throat) | <input type="checkbox"/> stuffy or runny nose                          |
| <input type="checkbox"/> stomach ache (younger child)            | <input type="checkbox"/> dark circles under eyes                       |
| <input type="checkbox"/> funny feeling in chest (younger child)  | <input type="checkbox"/> behavioral changes                            |
| <input type="checkbox"/> grumpiness or irritability              | <input type="checkbox"/> decreased appetite                            |
| <input type="checkbox"/> fatigue                                 | <input type="checkbox"/> drop in peak flow meter to yellow or red zone |
| <input type="checkbox"/> headache                                | <input type="checkbox"/> persistent coughing                           |
| <input type="checkbox"/> agitation                               |                                                                        |

If you are made aware of an increase in any of the above signs or symptoms, please communicate that to the school nurse for follow-up with the family.

#### Signs and Symptoms

Early warning signs may progress to an asthma attack. Asthma attack signs and symptoms may include: *(Not all students will experience all symptoms during an asthma attack.)*

- |                                                                                      |                                                             |
|--------------------------------------------------------------------------------------|-------------------------------------------------------------|
| <input type="checkbox"/> becoming anxious or scared                                  | <input type="checkbox"/> tightness in chest                 |
| <input type="checkbox"/> shortness of breath                                         | <input type="checkbox"/> wheezing while breathing in or out |
| <input type="checkbox"/> rapid labored breathing                                     | <input type="checkbox"/> vomiting from hard coughing        |
| <input type="checkbox"/> incessant coughing                                          | <input type="checkbox"/> unable to talk in full sentences   |
| <input type="checkbox"/> nasal flaring                                               | <input type="checkbox"/> shoulders hunched over             |
| <input type="checkbox"/> “pull in” of neck and chest with breathing                  | <input type="checkbox"/> sweaty, clammy skin                |
| <input type="checkbox"/> requiring rescue medications every four hours or more often |                                                             |

**In the event of an asthma attack, the student’s School Emergency Asthma Plan should be followed.**

**When a student is having asthma symptoms and is sent to the office or nurse’s office, always have someone accompany the student**

**Call 911 for the following signs and symptoms**

- |                                                                                                                                                                                                                                                     |
|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <input type="checkbox"/> No improvement 15-20 minutes after initial treatment with medication and a parent cannot be reached                                                                                                                        |
| <input type="checkbox"/> Medications are not available and the student is exhibiting the following: wheezing or incessant coughing, difficulty breathing, chest and neck “pulling in” with breathing, shoulders hunched over; struggling to breathe |
| <input type="checkbox"/> Lips or nail beds turning gray or blue (students with light complexions)                                                                                                                                                   |
| <input type="checkbox"/> Paling of lips or nail beds (students with dark complexions)                                                                                                                                                               |
| <input type="checkbox"/> Decreasing or loss of consciousness                                                                                                                                                                                        |