

# ASTHMA & ANAPHYLAXIS FIRST AID

## IN THE SCHOOL SETTING

### If student has ANY of these symptoms:

#### LUNG

unrelenting cough, wheezing (noisy breathing), shortness of breath, rapid or shallow breathing, nostrils open wide, chest tight or hurts, chest/neck sucked in, trouble walking or talking

#### MOUTH

itching, swelling of lips and/or tongue

#### THROAT

difficulty swallowing, itching, tightness/closure, hoarseness

#### SKIN

itching, hives, skin rash, redness, swelling, blue or gray lips and nails

#### GUT

vomiting, nausea, diarrhea, cramps

#### HEART

weak pulse, dizziness, passing out, confusion

#### AND/OR

drop in peak flow, unusually tired or lethargic, feeling anxious or panicky, been exposed to known or suspected allergic trigger (e.g., food, bee sting)

Only a few symptoms of an asthma attack or anaphylaxis (severe allergic reaction) may be present. Symptoms can get worse quickly.

Some symptoms can be life-threatening! **ACT FAST!**

### 1 STOP ACTIVITY

- Help student to an **UPRIGHT** position; remain calm.
- **NEVER LEAVE STUDENT ALONE!**

### 2 TAKE ACTION

- Follow student's Asthma Action Plan, Anaphylaxis Action Plan, or emergency plan, if available.
  - For **ASTHMA**, use **RESCUE INHALER IMMEDIATELY** (usually albuterol) equal to 2 puffs (15–30 seconds between puffs) with spacer (if available). May repeat every 10–15 minutes for up to 3 treatments.
  - For **ANAPHYLAXIS**, use EpiPen® or Twinject® Auto-Injector to **INJECT EPINEPHRINE IMMEDIATELY INTO THIGH and HOLD FOR 10 SECONDS.**

### 3 GET HELP

- Call School Nurse, if available, and resume treatment.
- **CALL 911 IMMEDIATELY** if epinephrine used or life-threatening allergic reaction suspected.
- **CALL 911 IMMEDIATELY** if:
  - Medications unavailable or don't work
  - Student has **LATE WARNING SIGNS** of an asthma emergency:
    - struggling to breathe
    - chest/neck muscles are pulled in or sucked in with each breath
    - trouble walking or talking
    - nostrils open wide
    - lips or fingertips are gray or blue
    - rapidly deteriorating condition

*Always notify Parent/Guardian and document in health record.*