

Be Part of the **T.E.A.M.**

Taking Emergency Asthma Measures

Stop



Stop All Activity

- Help the student sit upright.
- Calm and reassure the student.
- Have the student breathe slowly and deeply.
- Do not leave the student alone.

Treat



Give Asthma Medicine Immediately

- Follow instructions on the quick relief medication label or on the asthma action plan.
- If there is no medication or action plan, CALL 911 immediately for emergency support.
- Notify parent, guardian, or emergency contact.

Rescue



If Breathing Doesn't Improve

- Allow 15 minutes for breathing to improve after first dose of quick relief medication.
- If breathing is not better or becomes worse—CALL 911 immediately.
- Repeat use of quick relief medication up to 6 puffs while waiting for the ambulance.
- Administer CPR if necessary.

When To Call 911

CALL 911 when

- Student has trouble walking or talking.
- Quick relief medication is not helping or is not available.
- Wheezing, coughing, or shortness of breath worsens.
- Student is struggling to breathe and is hunching over.
- Neck and chest are “sucked in” with each breath.
- Lips or fingernails look gray or blue.
- Concern for any other condition that doesn't seem normal.



For more information about asthma, contact: