

# Secondary School Asthma Action Plan

Do I have signs of

- Wheezing • Shortness of breath
- Coughing • Or complaining that my chest hurts

Stay with me and call for help if necessary. Give me 5-10 puffs of my \*rescue (blue) inhaler with my spacer following the guidance in the green box



- Keep calm and reassure me
- Sit me up and slightly forward
- Shake my rescue (blue) inhaler before use, remove the cap and then place in my spacer
- I need to place the mouth piece of the spacer between my teeth and lips to make a seal. I need to spray one puff and then take 10 breaths.
- I will repeat the above steps for each puff of the rescue (blue) inhaler
- I may need help with these steps
- If I feel better but this has happened 3 or more times in the space of a week (including at home), refer me to my School Health Team



If my rescue (blue) inhaler has had little or no effect

- I have difficulty walking
- I am coughing and wheezing a lot more
- I am unable to talk or complete sentences, I may go very quiet
- I am breathing hard and fast
- My nostrils may be flaring

Give me up to 10 puffs of the rescue (blue) inhaler with my spacer using the guidance in the green box. You do not have to give the full 10 puffs before you call 999 if you are worried.

**THINK ANAPHYLAXIS, DO I HAVE AN ADRENALINE PEN? IF YES, REFER TO THE GUIDANCE IN YELLOW ALLERGIES BOX BELOW**

**999**

Call 999 for an ambulance if

- There is little or no improvement
- If I am exhausted
- You are worried or unsure
- If I am going blue
- If I have collapsed

School postcode **E16 4DD**

Call my parent/carer. Continue to give me 10 puffs of my rescue (blue) inhaler every 15 minutes until medical help arrives or my symptoms improve.

If I'm feeling better (my symptoms have resolved) inform my parent/carer, advise them that I need to see my GP and I need my school to make a referral to the School Health Team



## ALLERGIES

- Do I have an adrenaline pen?
- If I'm not getting any better I could be having an anaphylactic reaction causing inflammation in my lungs
- IF IN DOUBT FOLLOW MY ALLERGY MANAGEMENT PLAN AND \*INJECT
- Call an ambulance and state you suspect I am having an ANAPHYLACTIC REACTION

\*If my own inhaler/spacer or adrenaline pen is not available or expired, use the school's emergency inhaler/spacer and adrenaline pen.