

# Responding to an Asthma Episode in the School Setting

If a student is coughing, wheezing, short of breath or has chest tightness:

1



**Help the student to sit upright.  
Speak calmly and reassuringly.**

2



**Follow the student's asthma action/  
emergency plan for use of quick-relief  
inhaler.**

3



**If an asthma action plan or a quick-relief  
inhaler is not available, call the school  
nurse or designated emergency staff to  
assess the student.**

4



**Get help from the school nurse or designated  
emergency staff if:**

- Inhaler is not helping
- Student is
  - Breathing hard and fast
  - Unable to move or communicate how they typically do
  - Extremely anxious

911

EMERGENCY CALL

## Call 911 if student is:

- Not breathing
- Unconscious
- Blue in the lips
- Struggling to breathe
- Not responding to treatment
- Showing other signs of distress

***Notify parent or guardian AFTER 911 has been called.***



KentuckyPublicHealth  
Prevent. Promote. Protect.

Questions? Contact the Kentucky Asthma Management Program  
[Kentucky.Asthma@ky.gov](mailto:Kentucky.Asthma@ky.gov)

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