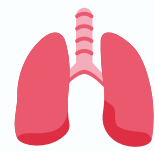


Asthma School Emergency Plan



1 Am I Wheezing, Coughing or Short of Breath?

I need my rescue (Salbutamol) blue inhaler. Stay with me. Call for help and follow the instructions below to give my inhaler. If I do not have my inhaler with me then please ask someone to get the Asthma Emergency Medication Kit urgently.

If I am **BLUE, EXHAUSTED** or you are **VERY WORRIED** about me **Call 999 and follow operators advice.**

2 Using an inhaler (I will need help with these steps).

- Keep calm and **sit me up-right**
- **Shake my rescue (Salbutamol) 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.** If I have a spacer with a mask, ensure there is a good seal around my mouth and nose.
- I need to spray **ONE puff** and then **take FIVE breaths.**
- I will repeat the above steps for each puff of the rescue inhaler, **allowing about 30 seconds between each puff.** Repeat this **UP TO TEN** times.
- If child is not better then arrange for **EMERGENCY HELP** – see below.

3

EMERGENCY HELP

- o **I am not getting better**
- o **I look very unwell**
- o **I am exhausted**
- o **I am going blue**
- o **I have collapsed**
- o **I am finding it very hard to breathe**

CALL 999 AND FOLLOW OPERATOR ADVICE.

4

I am feeling better

- o **My initial symptoms have now resolved. Please let me rest for 10-20 minutes following using my inhaler.**
- o **Please inform my parents/carers**
- o **Please inform the Asthma Champion that I have required my inhaler or the emergency kit to be used.**
- o **If the emergency inhaler/spacer is used, then please ensure steps are taken to replace urgently.**