

Actions for teachers and coaches



Help students with asthma and their families manage asthma

- **Be aware of** your students with asthma. Understand their **triggers and symptoms**. Observe what seems to make them better or worse and share your observations with the school nurse.
- **Follow your student's Asthma Action Plan**; if indicated, follow premedication procedures before exercise or physical activity.
- Know the difference between **controller and reliever medications**.
- **Partner with parents and school nurses to ensure that students' medications are available** for sports and activities that take place away from school or after school hours.

Be alert for warning signs that asthma is not well controlled

- **Signs and symptoms**
 - Persistent cough during the day
 - Coughing, wheezing, and complaints of chest tightness, or shortness of breath after vigorous physical activity or activity in cold or windy weather
 - Low level of stamina during physical activity or reluctance to participate
 - Coughing, wheezing, chest tightness, or shortness of breath even though the child is taking a controller medicine
 - Increased use of reliever medicine for coughing, wheezing, chest tightness, or shortness of breath
- **Advise the school nurse when you suspect a student has asthma that is not well controlled**, so the nurse can assess the situation.

Know what to do

Green Zone: Doing Well

- No cough, wheeze, chest tightness, or shortness of breath
- Can do usual activities

Yellow Zone: Warning Signs

- Coughing
- Chest tightness
- Wheezing
- Shortness of breath
- Trouble breathing

Red Zone: Medical Alert

- Quick-relief medicine has not helped
- Very short of breath
- Flared nostrils
- Lips or fingernails are blue
- Trouble walking and talking due to shortness of breath
- Obvious distress and/or feeling of panic

What to do

- Be alert for asthma signs or symptoms.
- Know which students have been directed to take medicine before exercise or physical activity.

What to do

- Have your student use his/her inhaler as directed; refer to your student's Asthma Action Plan as needed.
- If the asthma attack does not abate, refer to the directions for the red zone.

What to do

- Stop all activity.
- Have your student use the rescue inhaler immediately.
- Call for an ambulance.
- Call for the school nurse.