



# TRUMBULL COUNTY

## BOARD OF DEVELOPMENTAL DISABILITIES

*Their Journey, Their Needs, Our Support.*

**The Fairhaven School**

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**www.tcbdd.org**

# ASTHMA ACTION PLAN

Student Name \_\_\_\_\_ DOB \_\_\_\_\_

<p><b>Asthma Triggers</b></p> <p> <input type="checkbox"/> Colds      <input type="checkbox"/> Smoke      <input type="checkbox"/> Weather  <input type="checkbox"/> Exercise    <input type="checkbox"/> Dust        <input type="checkbox"/> Air Pollution  <input type="checkbox"/> Animals     <input type="checkbox"/> Other _____  _____ </p>	<p>This student receives medication before exercise.</p> <p><input type="checkbox"/> Yes    <input type="checkbox"/> No</p> <p>_____ Minutes before exercise.</p>
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### Symptoms:

Mild	Moderate	Severe
<ul style="list-style-type: none"> <li>• Cough</li> <li>• Difficulty Breathing</li> </ul>	<ul style="list-style-type: none"> <li>• Chest tightness</li> <li>• Difficulty breathing</li> <li>• Audible wheezing</li> <li>• Anxious</li> <li>• Not talking</li> <li>• Shoulders hunched</li> </ul>	<ul style="list-style-type: none"> <li>• Lips, nails, mucous membranes are pale, gray or bluish.</li> <li>• Rapid pulse</li> <li>• Gasping for breath</li> <li>• Labored breathing with chest and neck pulling in.</li> <li>• Unable to speak.</li> <li>• Decrease or loss of consciousness.</li> </ul>

IF YOU SEE THIS	DO THIS <b>NEVER SEND A STUDENT ANYWHERE ALONE!!!!</b>
Mild or Moderate Symptoms	Go to Nursing clinic or if unable have medication brought to student if necessary. Sit student upright, if conscious, offer water. Instruct student to breathe in through nose and out through pursed lips slowly and deeply.
No Improvement within 15 minutes after medication.	Notify parent. Stay with student and monitor closely.
Severe symptoms	Call 9-1-1
Breathing stops	Begin CPR

Symptoms usually seen in this student: \_\_\_\_\_

Nurse to administer prescribed asthma medication: \_\_\_\_\_

**Nurse to notify parents if no improvement in 15 minutes.**

**If symptoms worsen: CALL 9-1-1 and monitor student closely until emergency personnel arrive.**

**For Busing:**

- **For symptoms ranging from mild to moderate--It is important to stay calm and keep student calm.**
- **Anxiety can make asthma symptom worse.**
- **Sit student upright.**
- **Instruct student to breathe in through nose and out through pursed lips slowly and deeply.**
- **Monitor the student closely.**

**If symptoms worsen or if symptoms are severe, bus should be pulled over and 9-1-1 should be called. Monitor student closely until emergency personnel arrive.**

**After calling 9-1-1, Notify Transportation Office to notify students parents.**

**After 9-1-1 is called, Transportation Office or Principal to notify Superintendent.**

Parent Signature \_\_\_\_\_

Date \_\_\_\_\_