

Jordan School District

Classroom Information Sheet about Asthma

Prepared by the Jordan School District Nurses

Asthma is the most common chronic disease of childhood. Most children have relatively mild asthma which can be controlled by medication. On occasion, certain factors may result in the child displaying such symptoms as wheezing, dry hacking cough, or severe breathing difficulty. The following are a list of management techniques for asthma in the classroom.

Green Zone: Doing GREAT!	Common Triggers
<ul style="list-style-type: none"> • Breathing is easy • No cough or wheeze • Able to work and play normally • No relief medication needed in this zone • <u>Be aware of common triggers</u> 	<ul style="list-style-type: none"> • Cold weather • Strenuous exercise • Illness such as cold or flu • Inversion days (bad-air days) • Allergens: pollen, animal dander, dust mites, and molds • Strong odors or perfumes

Yellow Zone: CAUTION!	ACTION
<p>If student shows any of the following symptoms:</p> <ul style="list-style-type: none"> • Coughing or wheezing • Tight chest • Shortness of breath 	<ul style="list-style-type: none"> • Contact student's parents • Keep the child calm • If a student has a prescribed asthma medication at school, prompt them to use it • Have them sit upright for 20 minutes until medication takes effect • Student may need to be excused from recess and PE • Student may need to be kept indoors on "bad air" days

Red Zone: EMERGENCY!!	ACTION
<p>If student has ANY of the following symptoms:</p> <ul style="list-style-type: none"> • Can't eat or speak well • Breathing hard and fast • Medication is NOT working • Neck muscles tight • Overworking the chest muscles to breathe • Nasal flaring • Bluish nailbeds or lips 	<ul style="list-style-type: none"> • CALL 911! • CALL PARENTS! • CALL SCHOOL NURSE! • Repeat quick relief medication every 20 minutes until emergency services arrives

*Teacher to keep a copy of this information sheet in substitute folder.