



If student is:

- breathing easily
- not coughing or wheezing
- not short of breath
- able to work and play easily

Avoid these possible asthma triggers:

- Dust mites, mold, chemicals, changes in temperature, tobacco smoke, pets, exercise, stress, and cockroaches.

QUICK RELIEF Medicines.

- Take 5 minutes prior to exercise or unavoidable trigger exposure.



If student is:

- coughing
- wheezing
- short of breath
- having difficulty breathing during activity
- feeling chest tightness

Take QUICK RELIEF Medicines.

Encourage student to:

- rest in a comfortable position, but not lying down.
- relax and take slow deep breaths.

Monitor Symptoms

- If symptoms RESOLVE within 15 minutes, student may return to class.
- If symptoms PERSIST or return within a few hours, follow red zone directions and contact parent.



If:

- medicine is not helping
- breathing is very difficult
- breathing difficulty limits mild activity
- speaking makes student short of breath

Take QUICK RELIEF Medicines.

- If red zone symptoms persist, **call 911.**
- If symptoms do not improve, repeat previous QUICK RELIEF doses and watch student closely until ambulance arrives.

DO NOT try and treat severe symptoms yourself.

This is a general guide only; some individual's asthma worsens quickly. **When in doubt, call 911.**