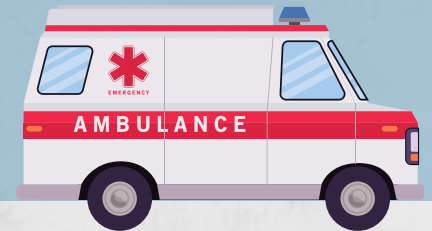


HOW TO HANDLE AN ASTHMA EPISODE



Here are the steps to follow for an asthma episode in an Early Childhood Education setting:

- Stop child's activity
- Help child to an upright position
- Remove trigger if possible
- **Follow individualized action plan and document any medication given**
- Look for improvement
- Contact parent or guardian
- Watch for warning signs of serious medical emergency




SIGNS OF A SERIOUS MEDICAL EMERGENCY DURING AN ASTHMA EPISODE:

- Chest/neck muscles working hard
- Struggling to breathe
- Trouble walking or talking
- Breathing does not improve after treatment
- Lips/fingernails blue or gray

CALL 911 
IMMEDIATELY

Resource

 <https://www.cdc.gov/asthma/schools.html>

Action Plan

 <https://clc.camden.rutgers.edu/files/asthma-plan.pdf>

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