



Plymouth High School for Girls

SCHOOL ASTHMA CARD

This card should be reviewed at least once a year and updated or exchanged for a new one if your child's treatment changes during the year. Medicines and spacers should be clearly labelled with your child's name and kept in agreement with the school policy.

*** To be completed by the parent / carer.**

Student Name	
Date of Birth	
Address	
Parent / Carer name	
Mobile number	
Home / Work number	
Email address	
Doctor / Nurse Name	
Doctor / Nurse contact number	

Reliever treatment when needed

For shortness of breath, sudden tightness in the chest, persistent wheeze or cough please help or allow my child to take the medication listed below. After treatment, and as soon as they feel able, allow them to return to normal activity.

Medicine		Expiry Date	
Parent / Carer signature		Date	

In the event of an emergency, I give permission for my child to be given the school's Salbutamol Inhaler.

Parent / Carer signature		Date	
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What signs can indicate that your child is having an asthma attack?

What are your child's triggers (things that make their asthma worse)?

Pollen Stress Exercise Weather Cold/flu Air pollution

If others, please list here:

SIGNS OF AN ASTHMA ATTACK

- Persistent cough (when at rest)
- A wheezing sound coming from the chest (when at rest)
- Difficulty breathing (the child could be breathing fast and with effort, using all accessory muscles in the upper body)
- Nasal flaring
- Unable to talk or complete sentences. Some children will go very quiet.
- May try to tell you that their chest 'feels tight' (younger children may express this as tummy ache)

CALL AN AMBULANCE IMMEDIATELY AND COMMENCE THE ASTHMA ATTACK PROCEDURE WITHOUT DELAY IF THE CHILD

- Appears exhausted
- Has a blue/white tinge around the lips
- Is going blue
- Has collapsed

WHAT TO DO IN THE EVENT OF AN ASTHMA ATTACK

- Keep calm and reassure the child.
- Encourage the child to sit up and slightly forward.
- Use the child's own inhaler and spacer- if not available use the emergency inhaler.
- Remain with the child while the inhaler and spacer are brought to them.
- Immediately help the child to administer two puffs of Salbutamol via the spacer.
- If there is no immediate improvement, continue to give two puffs at a time every two minutes, up to a maximum of 10 puffs.
- Stay calm and reassure the child. Stay with the child until they feel better. The child may return to school activities when they feel better.
- If the child does not feel better or you are worried at ANYTIME before you reach 10 puffs CALL 999 FOR AN AMBULANCE.
- If an ambulance does not arrive in 10 minutes give another 10 puffs in the same way.