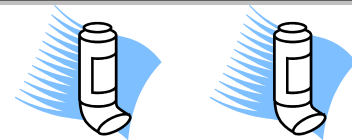


ASTHMA



THE BARE FACTS

ASTHMA is a chronic lung disease that affects almost 5 million children under the age of 18 in the U.S.

ASTHMA is the most common reason for school absences.

ASTHMA is a chronic inflammatory disorder of the airways that causes three changes in the lungs:

- 1) swelling of the lining of the airways
- 2) reduction in the diameter of the airways by spasms of the smooth muscle bands
- 3) excess mucus production that can narrow the airways and form mucus plugs

ASTHMA can be triggered by a number of things individual to each person. The following are examples of common triggers: dust mites, chalk dust, emotions, animals, weather, cockroaches, foods and/or preservatives, strong odors/fumes, molds & yeast spores, pollens, smoke, viral infections, exercise.

ASTHMA symptoms (individual symptoms may vary): cough, wheeze, shortness of breath, and chest tightness. **ALL SYMPTOMS SHOULD BE TAKEN SERIOUSLY !**

ASTHMA management - ALWAYS FOLLOW THE STUDENTS ASTHMA ACTION PLAN

BASIC ASTHMA EPISODE MANAGEMENT:

- 1) stop all physical activity
- 2) remove the student from exposure to any known triggers
- 3) sit in upright position and encourage to **remain calm**
- 4) prescribed medications if available
- 5) allow 15-20 min. for medication to take effect

EMERGENCY ASTHMA MANAGEMENT: If no improvement after meds given (15-20 min.), retractions, posturing (hunched over), difficulty walking and/or talking, poor color (lips, fingernails, or skin color)

- 1) administer prescribed emerg. meds (ie: nebulizer) if available
- 2) call 911
- 3) notify parent