

Merrill Area Public Schools

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www.mapsedu.org

* Student Achievement * Community Partnership * Future Success *

ASTHMA ACTION PLAN

School Year: 2023-2024

Student Name:	Date of Birth:	School:	Grade:
To be completed by a practitioner:	Triggers: (check all that apply)		
□Exercise □Respiratory Infections □	Animal Dander □Temperature Change	es □Food □Dust Mites □	Mold
□Trees, Grass, Pollens □Strong Odd	ors or Fumes Other	<u> </u>	
GREEN ZONE: Doing Well			
Symptoms	Daily Asthma Control Medicine	Dose	Time Given
No cough or wheezeCan work or playSleeps all nightBreathing is good			
YELLOW ZONE: Having Symptom	ns – Use Rescue Inhaler		
Symptoms	Medicine	How many puffs?	When and how often to use?
Difficulty speaking Wheezing Chest tightness Shortness of breath			
Persistent coughing			
RED ZONE: Emergency - Use Res	scue Inhaler; Call 911 and parent /g	uardian if student not	better right away
Symptoms	Medicine	How many puffs?	When and how often to use?
 Relief inhaler did not help Cannot work or play, anxious Trouble talking, gasping Breathing hard & fast, ribs sticking out 			
Additional Doctor Orders: (check all	that apply)		
☐ Give two puffs of the inhaler 15 min ☐ Give more puffs of the re	utes before gym/recess escue inhaler if symptoms have not imp	roved in minu	utes
☐ Sick plan: Give the inhaler at sched	uled times when the student is ill per pa	rent/guardian direction	
	nma AND has successfully demonstrate nsored events. (Keeping a back-up in th		
PARENT/GUARDIAN SIGNATURE I hereby give permission to staff designated by the school principal or nurse to give the a		Phone	Date
I hereby give permission to staff designated above and authorize them to contact the pr		above medication to my stud	ent according to the instructions stated
PRACTITIONER SIGNATURE Practitioner signature directs the above medication administration and indicates willings		Phone	Date

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SCHOOL STAFF DIRECTIONS:

YELLOW ZONE: Having Symptoms - Use Rescue Inhaler

- DO NOT leave the student alone.
- Remove the student from any obvious trigger(s) and escort the student to the health office.
- Seat the student in a position of comfort. Do not insist for the student to lie down.
- Give initial treatment of quick-relief medicine and allow for rest. Improvement is usually seen within 5-10 minutes after use of quick-relief medicine.

An asthma emergency is indicated by no response to treatment or worsening symptoms. Notify the school nurse and parent.

RED ZONE: Emergency – Use Rescue Inhaler; Call 911 and parent/guardian if the student is not better right away

- Contact parent /guardian NOW regarding severity of student's asthma episode and urgent need for evaluation by a healthcare provider.
- Parent / guardian / emergency contact must arrive within 10 minutes to take the student to a medical facility, or CALL 911.
 Send this Asthma Action Plan with the student.

Rescue Inhaler Instructions

HOW TO USE AN INHALER

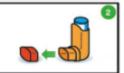
Stand up (or sit up straight).

- **1**. Shake the inhaler well to mix up the medicine.
- **2**. Remove the cap from the inhaler. Inspect the inhaler to make sure there is nothing in it that could be accidentally inhaled.
- **3**. Inhalers must be "primed" the first time they are used and when not used for two weeks.
- * To prime Spray 4 times into the air, away from the face to ensure medication is flowing freely. Hold the inhaler upright or it will not spray correctly.
- 4. Ensure the student has exhaled all their air out fully.
- **5**. Before the student inhales, they should put the mouthpiece of the inhaler into their mouth over their tongue and between their teeth. Have the student close their lips around it while tilting their head and the inhaler back slightly. Press down on the inhaler canister and have the student breathe in slowly and deeply (over about 5 seconds) through their mouth.
- 6. Have the student hold their breath for 10 seconds.
- 7. Wait 1-2 minutes between puffs.
- 8. Have the student rinse their mouth after using the inhaler.
- *Xopenex (levalbuterol) inhalers should be primed if not used for 3 days.

- **6.** Press down on the inhaler canister and have the student breathe in slowly and deeply (over about 5 seconds) through their mouth.
- **7.** Some chambers will whistle if the student is breathing too fast. If you hear a whistling sound, breathe in slower until no sound can be heard.
- **8.** Have the student hold their breath for 10 seconds.
- ** Chambers with mask mouthpieces advise pressing the canister to fill the chamber, then slowly breathing in and out six times.

 Breath-holding after is not required.

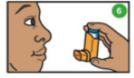








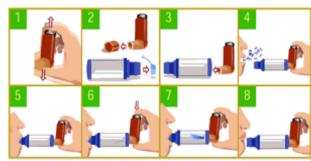




HOW TO USE AN INHALER WITH A HOLDING CHAMBER

Repeat steps 1-4 above

5. Before the student inhales, they should put the mouthpiece of the chamber into their mouth over their tongue and between their teeth. Have the student close their lips around it while tilting their head and the inhaler back slightly.



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