**What to do if a student has an asthma attack**

**Symptoms of an asthma attack:**

* Normal respiratory rate for school age children is 18-25. A student with asthma attack might be breathing rapidly due to irritated swollen airways.
* Fear, anxiety, or panic may cause the student to breathe more rapidly.
* Coughing or wheezing
* Feeling tightness in the chest due to difficulty getting air in and out

**What to do:**

* Recognize triggers that are specific to the student: illness, breathing cold air, intense exercise, allergens (i.e. dust, pollen or mold), strong odors (i.e. perfume or cleaners).
* Request the school nurse if available.
* Have the student sit down. Encourage them to stay calm and take long slow breaths.
* Reduce stimulation in the room when possible.
* Does the student have an inhaler in the office? If so, give medication. Breathing should improve within 15 minutes.
* Encourage student to drink water.
* Continue to monitor student for signs of emergency.
* Call parent/guardian.

**When to call 911:**

* If unable to reach the parent and the student condition worsens.
* If the rescue inhaler is not working or one is not available.
* If the student’s lips or fingernails turn gray or blue.

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