



Health Condition Emergencies

ASTHMA

Escort student to Health Room or call Nurse for any of the following **symptoms of an asthma attack:**

- Coughing
- Chest tightness
- Wheezing
- Shortness of breath

- ✓ Reassure student and attempt to keep him/her calm and breathing slowly and deeply (in through nose, out through mouth)
- ✓ If student has inhaler, have student use inhaler, inhaling slowly and fully

Notify Nurse & CALL 911 if student:

- Is unable to speak in complete sentences
- Has blue lips or nails
- Demonstrates severe retractions and/or nasal flaring
- Is severely restless/anxious/panicked
- Shows no improvement after 15 minutes

Albuterol located in health room for Nurse to administer in an emergency

SEVERE ALLERGY

Escort student to Health Room or call Nurse for any of the following **symptoms of severe allergy:**

- Hives
- Cramps
- Hoarseness
- Shortness of breath
- Itching, tingling or swelling of lips, mouth or tongue
- Rash
- Vomiting/diarrhea
- Hacking cough
- Nausea
- Tightening of throat
- Wheezing

If student has symptoms of a severe reaction:

- ✓ Administer epinephrine
- ✓ Call 911
- ✓ Notify Nurse as soon as possible

Severe allergic reactions may be triggered by asthma, insect stings or food allergies

EpiPens located in health room for Nurse to administer in an emergency

DIABETES

Escort student to Health Room or call Nurse for any of the following **symptoms of low blood sugar:**

- Shaking
- Irritability
- Sweating
- Dizziness
- Confusion
- Weakness/Tiredness

- ✓ Stay with student
- ✓ Give a quick acting sugar, such as juice, regular soda or candy

Notify Nurse & CALL 911 if student:

- Is incoherent or passes out
- Has a seizure (proceed with seizure precautions)

SEIZURE

- ✓ Stay calm
- ✓ Note the time seizure began and symptoms
- ✓ Ease student to floor and turn on side and provide privacy if possible
- ✓ Do not put anything into student's mouth
- ✓ Call Nurse

Notify Nurse & CALL 911 if student:

- Has no previous history of seizures
- Has seizure longer than 5 minutes
- Stops breathing (begin CPR)
- Is pregnant or diabetic
- Hits head during seizure