### Health Condition Emergencies

#### ASTHMA

- Escort student to Health Room or call Nurse for any of the following **symptoms of an asthma attack**:
  - Coughing
  - Wheezing
  - Chest tightness
  - 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
  - Rash
  - Cramps
  - Vomiting/diarrhea
  - Hoarseness
  - Hacking cough
  - Nausea
  - Tightening of throat
  - Shortness of breath
  - Itching, tingling or swelling of lips, mouth or tongue

**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
  - Sweating
  - Confusion
  - Irritability
  - Dizziness
  - 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

- Please follow student’s individual health plan for care during field trips

*Created 2.2017*