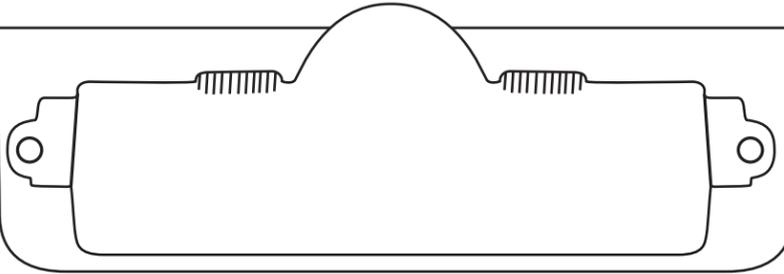


H14VFC

Folder dimension 9 1/4" x 12 5/8"

WHITE FOLDER WITH BLACK IMPRINT.

Imprint Area  
7 1/4" x 9 1/4"



## MANAGING AN ASTHMA EMERGENCY

### ACT NOW IF STUDENT

- ◆ coughs
- ◆ wheezes
- ◆ says it feels hard to breathe
- ◆ says chest feels tight or hurts
- ◆ is breathing faster than normal
- ◆ gets out of breath easily

### DO NOT

- ◆ leave student with asthma symptoms unattended
- ◆ encourage student to continue activity if having asthma symptoms
- ◆ have student breathe into a paper bag
- ◆ have student drink large amounts of water
- ◆ have student breathe in cold or cool air

### CALL 911 IF STUDENT

- ◆ keeps coughing, wheezing, or has trouble breathing after using quick-relief inhaler
- ◆ is hunched over with shoulders lifted, straining to breathe
- ◆ has difficulty completing a sentence without pausing for breath
- ◆ lips or fingernails turn blue



**AIM** ASTHMA  
INITIATIVE OF  
MICHIGAN

[www.GetAsthmaHelp.org](http://www.GetAsthmaHelp.org)



michigan high school athletic association