

# School



## Asthma Card

Child's name:	
Date of birth:	
Address:	
Parent/carers name:	
Telephone:	
Email:	
Doctors name:	
Doctors phone number:	

This information will be held by UTC and reviewed once a year. If your child's treatment changes or any contact information changes, please inform the school. Medicines and spacers should be clearly labelled with your child's name and kept in agreement with the school's policy.

### What to do if a child is having an asthma attack

1. Help them sit up straight and keep calm
2. Help them take one puff of their reliever inhaler (usually blue) every 30-60 seconds, up to a maximum of 10 puffs.
3. Call 999 for an ambulance if:
  - Their symptoms get worse while they are using the inhaler. This could be a cough, breathlessness, wheeze, tight chest or sometimes a child will say "stomach ache".
  - They don't feel better after 10 puffs
  - You are worried at any time
4. You can repeat step 2 if the ambulance is taking longer than 15 minutes.

What signs indicate that your child is having an asthma attack?

#### WHAT ARE THE TRIGGERS

- ☐ Viruses
- ☐ Changes in weather
- ☐ House dust mites
- ☐ Animal fur, feathers and their bedding
- ☐ Foods
- ☐ Exercise
- ☐ Upset ,distress, emotions
- ☐ Smoke—cigarettes and fires

**Reliever treatment when needed:** For shortness of breath, student tightness in the chest, wheeze or cough, help or allow my child to take the medicines below. After treatment and as soon as they feel better they can return to normal

Medicine name	Parent/carer signature
Expiry Date of medicine	

Does your child need to take any other medicines while in the school care?	Yes / No
Medicine	Dosage:

If the school holds a central emergency reliever inhaler and spacer, I give permission

Parent/carer's signature
Date: