

DO I HAVE SIGNS OF?

- Coughing
- Wheezing or shortness of breath
- Saying that my chest hurts (younger children may express this by saying my tummy hurts)
- Stay with me and call for help if necessary

Give me 6 puffs of my rescue (blue) inhaler with my spacer following the **guidance in the amber box**

- Keep calm and reassure me
- Sit me up and slightly forward
- Shake my rescue (blue) inhaler before use, remove the cap and then place in my spacer
- I need to place the mouth piece of the spacer between my teeth and lips to make a seal. I need to spray one puff and then take 5 deep, slow, breaths. (**aim for 1 puff per minute**)
- I will repeat the above steps for each puff of the rescue (blue) inhaler
- I may need help with these steps
- **If I feel better but this has happened 3 or more times in the space of a week (including at home), refer me to my School Health Team and let my Parents/Carers know.**

IF MY RESCUE (BLUE) INHALER HAS HAD LITTLE OR NO EFFECT AND/OR

- I have difficulty walking
- I am unable to talk or complete sentences (I may go very quiet)
- I am coughing and wheezing a lot more
- I am breathing hard and fast
- My nostrils may be flaring

Give me up to 10 puffs of the rescue (blue) inhaler with my spacer using the **guidance in the amber box**. You do not have to give the full 10 puffs before you **CALL 999 IF YOU ARE WORRIED**.

CALL 999 FOR AN AMBULANCE IF

- **There is little or no improvement**
- **You are worried or unsure**
- **I am exhausted**
- **I am going blue**
- **I have collapsed**

School postcode

Call my parent/carer. Continue to give me 10 puffs of my rescue (blue) inhaler every 15 minutes until medical help arrives or my symptoms improve.

If I'm feeling better (my symptoms have resolved) inform my parent/carer and advise them that I need to see my GP and I need my school to make a referral to the School Health Team.

***If my own inhaler/spacer is not available or expired, please check I have consent and use the school's emergency inhaler/spacer.**