

School Asthma Plan

Name

Class

Attach child's
passport size
photo here

Reliever Inhaler (usually **BLUE**)

- I usually take puffs of this inhaler. I should use it with a spacer*.
- If I am having an asthma attack, I may take up to puffs of a salbutamol inhaler using a spacer, taking one puff every minute.
If I am not better call an ambulance and inform my parent/guardian.

I must take my inhaler before PE or exercise.

I may need to take my inhaler:

during or after PE or exercise

when I have a cold

when the pollen is high

other situation (describe)

.....

.....

When I have an asthma attack:

I start wheezing

I start coughing

I find it difficult to breathe

My chest feels tight

other

.....

.....

Please let me sit down and arrange for my inhaler to be fetched for me

- I will update the school if my child's asthma symptoms or triggers change
- I have provided school with an asthma inhaler and spacer and will replace them when needed.
- I consent to the use of the schools emergency asthma inhaler if necessary.

Parent/Guardian name Relationship

Parent/Guardian Signature Date

Emergency Contact Number

Healthcare Professional Signature Date

ALL children with asthma should have an asthma plan and an appropriate inhaler / spacer

*Delete if the inhaler is not designed to be used with a spacer (i.e. Turbohaler / Accuhaler)