A student with asthma/wheezing may have breathing difficulties which may include:
- Uncontrollable coughing.
- Wheezing – a high-pitched sound during breathing out.
- Rapid breathing
- Flaring (widening) of nostrils
- Feeling of tightness in the chest.
- Not able to speak in full sentences.
- Increased use of stomach and chest muscles during breathing.

- Does the student have an Asthma Action plan?
  - YES
  - Refer to student’s Asthma Action plan.
  - NO
  - Has a quick-relief inhaler already been used? If yes, when and how often?
    - YES
    - Remain calm. Encourage the student to breathe slowly and deeply in through the nose and out through the mouth.
    - NO
    - Administer medication as directed in Action Plan
  - NO
  - Are symptoms not improving or getting worse? Are the lips or nail beds turning blue?
    - YES
    - CALL EMS 9-1-1
    - NO
    - Contact responsible school authority & parent/legal guardian.