## School Asthma Card

Child's name					
Date of birth	D D	MM	V		
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Address					
D					
Parent/carer's [ name					
Telephone – home					
Telephone - [					
Email					
Doctor/nurse's [					
Doctor/nurse's [ telephone					
name and kept	in agi	reement w	vith tl	he school's policy.	
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Does your child tell you when he	she needs medicine?						
Does your child need help taking his/her asthma medicines?  Yes No							
What are your child's triggers (things that make their asthma worse)?							
Does your child need to take medicines before exercise or play?  Yes No							
If yes, please describe below							
Medicine	How much and when taken						
Does your child need to take any other asthma medicines while in the school's care?  Yes No  If yes please describe below							
Medicine	How much and when taken						

## Dates card checked by doctor or nurse

Date	Name	Job title	Signature

## 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're using their inhaler this could be a cough, breathlessness, wheeze, tight chest or sometimes a child will say they have a 'tummy ache'
  - they don't feel better after 10 puffs
  - you're worried at any time.
- You can repeat step 2 if the ambulance is taking longer than 15 minutes.



**Any asthma questions?**Call our friendly helpline nurses

0300 222 5800

(9am - 5pm; Mon - Fri)

www.asthma.org.uk

