

# ASTHMA EMERGENCY PLAN

## for school and daycare

### “Rule of Nine”

Adapted from *One Minute Asthma* (www.pedipress.com)

**Call 911** if you see **ANY ONE** of the following emergency signs:

- Trouble walking or talking
- Child is hunched over
- Child is struggling to breathe
- Lips or fingernails are gray or blue

After calling 911, call the office and tell them to contact a parent or guardian.

**IF EMERGENCY SIGNS ARE NOT PRESENT**, but the child is coughing or having difficulty breathing, assess the severity of the asthma signs:

- Circle the score that applies to each symptom
- Total the score

#### Cough

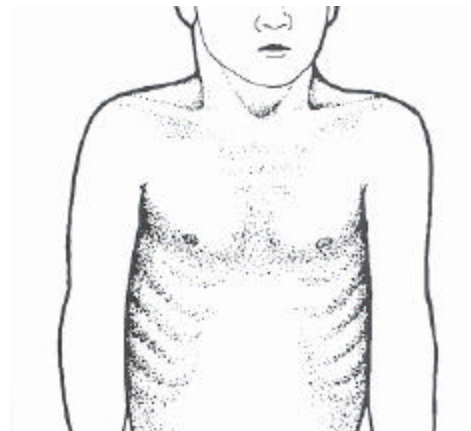
- None 0
- Less than 1 per minute 1
- 1 – 4 per minute 3
- More than 4 per minute 5

#### Sucking in of chest skin

- None 0
- Barely noticeable 1
- Obvious 3
- Severe 5

#### Wheeze

- None 0
- End of exhale 1
- Throughout exhale 3
- Inhale and exhale 5



**TOTAL SCORE:** \_\_\_\_\_

#### If score is nine or more

- Record the score and give medications as defined by the child’s asthma plan or school protocol.
- Contact a parent or guardian and advise them to take the child to a physician within the hour.