# School Asthma Card

To be filled in by the parent/carer

Child's name

Date of birth

Address

Parent/carer's name

Telephone – home

Telephone – work

Telephone – mobile

Doctor/nurse's name

Doctor/Nurse's telephone

This card is for your child's school. **Review the card at least once a year and remember to update or exchange it for a new one if your child's treatment changes during the year.** Medicines should be clearly labelled with your child's name and kept in agreement with the school's policy.

## Reliever treatment when needed

For wheeze, cough, shortness of breath or sudden tightness in the chest, give or allow my child to take the medicines below. After treatment and as soon as they feel better they can return to normal activity.

| Medicine | Parent/carer's signature |
|---|---|
| | |

Expiry dates of medicines checked

| Medicine | Date checked | Parent/carer's signature |
|---|---|---|
| | | |

What signs can indicate that your child is having an asthma attack?

Parent/carer's signature Date

Does your child tell you when he/she needs medicine?

☐ Yes ☐ No

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 in an asthma attack

1 Make sure the child takes one to two puffs of their reliever inhaler,(usually blue) preferably through a spacer

2 Sit the child up and encourage them to take slow steady breaths

3 If no immediate improvement, make sure the child takes two puffs of reliever inhaler, (one puff at a time) every two minutes. They can take up to ten puffs

4 If the child does not feel better after taking their inhaler as above, or if you are worried at any time, call 999 for an ambulance. If an ambulance does not arrive within ten minutes repeat step 3.

**The Asthma UK Helpline - Here when you need us**

0800 121 62 44 www.asthma.org.uk/helpline

9am–5pm, Monday–Friday

**www.asthma.org.uk**

Health & care information you can trust

The Information Standard Certified Member

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