School Asthma Card

Date of birth	To be filled in by	the par	ent/carer				
Parent/carer's name Telephone - home Telephone - mobile Email 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 shortness of breath, sudden tightness in the chest, wheeze or cough, 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?							
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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					
Medicine	TIOW HILLER AND THE LEARNING					
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

- Help them sit up straight and keep calm.
- Help them take one puff of their reliever inhaler (usually blue) every 30-60 seconds, up to a maximum of 10 puffs.
- 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.
- ② You can repeat step 2 if the ambulance is taking longer than 15 minutes.



The Information Standard Carplined

Any asthma questions? Call our friendly helpline nurses

0300 222 5800

(9am - 5pm; Mon - Fri)

www.asthma.org.uk