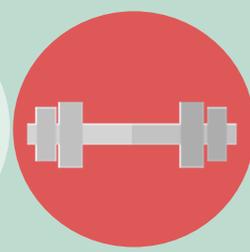
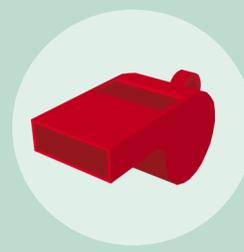


ASTHMA



Emergency Response for Physical Education and Recreation Personnel

EXERCISE INDUCED ASTHMA

Exercise is a common trigger of asthma. Asthma symptoms include:

- coughing
- wheezing
- chest pain or tightness

These are not the same as the regular breathlessness that can occur during aerobic exercise.

TREATING A MILD ASTHMA EPISODE

- Administer relief inhaler
- Have child sit upright and stay calm
- Encourage slow steady breaths
- Remain with child
- Offer water (sips) & warm liquids
- If after 15 minutes there is an improvement, the child may resume the activity
- If no improvement, notify the school nurse or parent

SIGNS OF AN ASTHMA EMERGENCY

If a student is showing any of these symptoms, it is crucial to take quick and appropriate action.

- difficulty speaking full sentences
- blue lips, nails or gums
- severe cough
- difficult and rapid breathing

TREATING AN ASTHMA EMERGENCY

- Call 911
- Notify school nurse/parent
- Administer relief inhaler as prescribed for emergency
- Have child sit upright if possible
- Help child stay calm and encourage deep breathing

Students with **controlled** asthma can lead an active life and can exercise without experiencing symptoms!

WHAT SPORTS ARE BEST FOR STUDENTS WITH ASTHMA?

With effective management students with asthma can excel in a variety of sports. Sports that expose students to cold and dry air or constant activity, may pose a higher risk for asthma episodes.

Activities that are **better** for people with asthma:

- Any short bursts of exercise
- Baseball, gymnastics & volleyball
- Walking or leisurely biking
- Swimming in warm, humid environments

Activities that are **worse** for people with asthma:

- Ice hockey & ice skating
- Skiing & snow boarding
- Sports that require constant activity like long distance running or soccer

OTHER TRIGGERS THAT CAN MAKE ASTHMA SYMPTOMS WORSE

- Cold air and weather changes can cause an asthma episode
- Pollen from trees and plants
- Exposure to other irritants like smoke and fumes
- A recent cold or illness



EXERCISING TO YOUR FULL POTENTIAL WITH ASTHMA

With proper management, students can enjoy exercise without symptoms. Take these steps to help prevent an exercise-induced episode:

1. **Have an Asthma Action Plan on hand**
2. **Take medicine before exercising**
3. **Warm up for 6 to 10 minutes before vigorous exercise**
4. **Cover mouth and nose with a scarf if exercising in cold, dry weather**
5. **Monitor respiratory status before, during, and after exercise**

Visit [AsthmaNowNH.org](https://www.AsthmaNowNH.org) to get more information on Asthma!