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.

**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 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

**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 to get more information on Asthma!