






• Know health problems and follow emergency plan. • Never leave alone. • Contact school office and parent.

Emergency Steps at School	Asthma	Diabetes	Seizures
<p>Symptoms</p>	<ul style="list-style-type: none"> Breathing hard Coughing a lot Chest tightness Wheezing noises 	<ul style="list-style-type: none"> Sweating, pale, and shaky Dizzy; headache Extreme hunger Confused; irritable Sleepy; cannot be awakened Seizure 	<ul style="list-style-type: none"> Staring without eye contact or response Twitching or jerking of arms & legs Acting unusual
<p>1. Stop Activity</p> 	<ul style="list-style-type: none"> Do not lie down Sit and rest “Do you have asthma?” 	<ul style="list-style-type: none"> Look for Medic Alert “Do you have diabetes?” “Are you low?” 	<ul style="list-style-type: none"> Look for Medic Alert Protect from hazards Place on floor and put folded jacket under head
<p>2. Stay Calm</p> 	<ul style="list-style-type: none"> “Relax shoulders and breathe out slowly through puckered lips” “Do you have a quick-relief inhaler?” 	<ul style="list-style-type: none"> Check blood sugar level if meter available (anything below 70 needs treatment) Is student awake and able to swallow? <ul style="list-style-type: none"> ◆ Yes → give sugar. ◆ No → give Glucagon injection (if available) → Get Help 	<ul style="list-style-type: none"> Do not hold down Move objects student might hit Do not place anything between teeth or in mouth
<p>3. Give Treatment</p> 	<ul style="list-style-type: none"> Use inhaler Contact nurse or parents If inhaler does not work in 10 minutes, take inhaler again and get help. If does not have inhaler, get help. 	<ul style="list-style-type: none"> If awake, give “sugar” – ½ cup fruit juice or pop (not diet); 1 cup milk, glucose gel or glucose tabs (3-4). Watch in a quiet place. Should improve within 10-15 minutes. If not, give more sugar and get help. 	<ul style="list-style-type: none"> After seizure, place on side and reassure May be sleepy or confused for up to an hour. Do not give liquids during or right after seizure
<p>4. Get Help - 911 or local emergency number</p>  <p>-----</p>	<p>Call for ambulance for any:</p> <ul style="list-style-type: none"> Breathing gets harder or does not improve Trouble walking or talking Lips or fingertips are blue 	<p>Call for ambulance for any:</p> <ul style="list-style-type: none"> Not awake or alert No improvement in blood sugar levels or symptoms Seizures Cannot speak 	<p>Call for ambulance for any:</p> <ul style="list-style-type: none"> Never has had a seizure Seizure lasts more than 5 minutes Trouble breathing after seizure

When in doubt call for help right away!

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