School Asthma Card

To be filled in by the parent/carer						
Child's name						
Date of birth	DD	MM	YY			
Address						
Parent/carer	's					
Telephone -						
Telephone - mobile						
Email						
Doctor/nursoname	e's					
Doctor/nursetelephone	e's					
a new one if your child's treatment changes during the year. Medicines and spacers 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, help or allow my child to take the medicines below. After treatment and as soon as they feel better they can return to normal activity.						
For shortne wheeze or c medicines b	ess of brea cough, he below. Aft	ath, sudden Ip or allow r er treatme	tightness my child to nt and as	o take the		
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What signs can indicate that your child is having an asthma attack?								
Does you	r child tell you wl	nen 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)?								
Poll			Stress					
Exe	Exercise Weather							
Cold/flu Air pollution								
If other p	olease list		_					
D			-4141-					
Does your child need to take any other asthma medicines while in the school's care?								
Yes No								
If yes please describe								
Medicine			How much and when taken					
Dates card checked								
Dates ca	Name	Job t	itle	Signature / Stamp				
Date	Hanne	300 t	icic	Signature / Stamp				

Date	Name	Job title	Signature / Stamp

To be completed by the GP practice

What to do if a child is having an asthma attack

- 1 Help them sit up straight and keep calm.
- 2 Help them take one puff of their reliever inhaler (usually blue) every 30-60 seconds, up to a maximum of 10 puffs.
- 3 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.
- 4 You can repeat step 2 if the ambulance is taking longer than



Any asthma questions? Call our friendly helpline nurses

0300 222 5800

(Monday-Friday, 9am-5pm)

www.asthma.org.uk