

## **Acute Asthma**

Students with asthma must be identified and care information be made available to all staff members at the start of the school year.

**Call 9-1-1 and give oxygen if available, if a student presents any of the following symptoms:**

- extreme feeling of tightness in chest
- struggling for breath
- inability to talk due to shortness of breath
- pulling in of chest and/or neck muscles with respirations
- blue-tinged lips and/or nailbeds

If symptoms are less severe and include mild shortness of breath, cough, wheezing take the following action:

- Remove child from the source of irritation (exercise, temp changes, environmental)
- Call MERT
- Accompany child to the Health Room or office
- Assist child to a comfortable sitting position (leaning forward with elbows on knees)
- Reassure student and offer medication if ordered to treat symptoms
- Contact parents and school nurse

## **Allergic Reaction to Insect Bites/Stings**

Children with insect bite allergies must be identified as having a potentially life-threatening allergy and require immediate medical attention!

**Call 9-1-1 IF YOU OBSERVE ANY OF THE FOLLOWING:**

- excessive swelling or itching of any body part other than the sting site
- generalized hives
- sneezing and coughing
- wheezing or difficulty breathing
- pallor or blue skin color
- tingling or swelling around mouth, face
- dizziness, sweating, weakness, feeling faint

Administer EPIPEN if available. Call MERT and notify parents.

Mild allergic reaction: Assist student to the health room or office and notify MERT. Apply ice to area. If stinger is still visible remove by scraping gently. Notify parents. Fill out illness/injury form and keep copies for school records.

## **Diabetic Care**

Students with diabetes should be identified and known to building staff members. Symptoms of **LOW BLOOD SUGAR** include:

- shaky, dizzy, faint
- cold, clammy skin
- unable to concentrate, headache
- hunger, grouchy
- personality change or weakness

If a student exhibits any of these symptoms: 1) Call MERT; 2) Check blood glucose; 3) Give quick energy food immediately (4 oz juice, 5 mentos or 5 lifesavers); 4) Recheck blood sugar in 15 minutes and repeat step 3 until blood sugar is within the student's normal range (80-180 for children); 5)

When blood sugar is in low normal range, give 2 pkgs. cheese crackers.

•**Unconsciousness: DO NOT GIVE ANYTHING BY MOUTH. CALL 9-1-1.**

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## **Head Injury**

Remember: Gloves must be worn anytime that an injury occurs where there may be contact with bodily fluids.

- Treat all head injuries as serious
- Do not leave student unattended
- Call MERT

**Call 9-1-1 if you observe any of the following**

- persistent severe headache or change in vision
- unconsciousness, confusion, excessive drowsiness, seizure, unequal pupils
- loss of speech/slurred speech
- bleeding/fluid from mouth, nose or ears (exclusive of a direct blow to these areas)
- pale skin or mucous membranes (lips, nail beds)
- uneven respirations (gasping, shortness of breath)
- vomiting
- unsteady gait

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## **Chest Pain**

**Call 9-1-1 and offer oxygen if available, if you observe any of the following symptoms associated with chest pain.**

- cold, clammy skin
- blue-tinged lips
- irregular heartbeat
- chest tightness, pressure or squeezing sensation in chest
- dizziness, nausea, lightheadedness
- weakness, fatigue
- shortness of breath
- radiating pain in left arm and/or jaw

Loosen patient's clothing, help him relax and call MERT. Do not leave patient unattended and be prepared to administer CPR if necessary, until help arrives.

## **Seizures**

Students with seizure disorders should be identified as having a special medical condition. You cannot stop a seizure once it has started.

1. Keep calm. Stay with student.
2. Do not restrain movements or place anything between teeth.
3. Protect from injury. Remove nearby objects. Prevent student from striking head or body on hard or sharp objects. Assist to ground or floor onto side.
4. Observe details of seizures; report to parent by phone and in writing. Make copy of note sent home for school record. A seizure checklist is available.
5. If a seizure lasts longer than 5 minutes or there are multiple seizures, call 9-1-1 and ask for an ambulance.

### **Head Injury (continued)**

Even if none of the emergency symptoms are present, observe the student for 30 minutes after the injury occurred.

- Keep the student warm, flat, nothing by mouth
- Check pupils and make sure they are equal in size, reactive to light
- Check for facial bruising, pallor and/or dizziness
- Notify parent by phone or on illness/injury form
- Make a copy of findings and note sent home for school records
- Fill out accident/incident report and keep copy in records

### **Diabetic Care (continued)**

Symptoms of **HIGH BLOOD SUGAR** include:

- thirsty, frequent urination
- weakness, irritability
- fruity-smelling breath
- heavy, labored breathing
- hot, dry skin
- nausea, abdominal pain
- blurred vision

Test urine for ketones, if possible (dip ketostick in fresh urine and match with chart on bottle after 15 seconds.) If positive for ketones, call MD. Give liberal amount of water or sugar free drinks. Restrict activity until ketones are negative. Contact parent.