

COACH'S ASTHMA PLAY CARD

Green Zone Prepare the players. No asthma attacking student.

You have ALL of these:

- Breathing is good
- No cough or wheeze
- Can work and play
- Sleep through the night

1. Identify your students with asthma and be familiar with their individual Asthma Action Plans.
2. Make sure rescue/reliever inhalers are easily accessible for all and students directed to use them before exercise do so.
3. Adjust exercise for poor air quality, high pollen levels, sprayed/mowed fields, and weather extremes.

Yellow Zone Use rescue inhaler. Asthma defense is on the attack.

You have ANY of these:

- Cough
- Mild Wheeze
- Tight Chest
- Waking at night due to asthma

1. Recognize coughing as well as wheezing as a sign of poor asthma control.
2. Stop the player who is having trouble breathing; check their plan, have them use their inhaler, and permit resting with supervision. Don't let them "tough it out" or leave them alone!
3. Communicate with school nurse and the family if a player has asthma symptoms with physical activity.

Red Zone Seek emergency help. Asthma in all out blitz.

Your asthma is bad:

- Medicine is not helping within 10 to 20 minutes
- Breathing is hard and fast
- Nose opens wide
- Ribs show
- Trouble walking
- Trouble talking

1. Call for help! If student in distress, having difficulty talking, blue lips, nose flaring, inhaler not helping or not available - dial 911 and stay with the student.