School Asthma Card

To be filled in by the parent/carer

Child’s name

Date of birth

Address

Parent/carer’s name

Telephone – home

Telephone – mobile

Email

Doctor/nurse’s name

Doctor/nurse’s telephone

This card is for your child’s school. Review the card at least once a year and remember to update or exchange it for a new one if your child’s treatment changes during the year. Medicines 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, give or allow my child to take the medicines below. After treatment and as soon as they feel better they can return to normal activity.

<table>
<thead>
<tr>
<th>Medicine</th>
<th>Parent/carer’s signature</th>
</tr>
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</table>

Expiry dates of medicines checked

<table>
<thead>
<tr>
<th>Medicine</th>
<th>Date checked</th>
<th>Parent/carer’s signature</th>
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</table>

What signs can indicate that your child is having an asthma attack?

<table>
<thead>
<tr>
<th>Parent/carer’s signature</th>
<th>Date</th>
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**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 15 minutes.

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**Any asthma questions?**
Call our friendly helpline nurses
0300 222 5800
(9am – 5pm; Mon – Fri)

www.asthma.org.uk

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