

Breathing Difficulties Related to Physical Activity for Students With Asthma: Exercise-Induced Asthma

Information for Physical Educators, Coaches and Trainers

First Aid for Exercise-Induced Asthma

If, during physical activity, you notice that a student is having difficulty breathing, coughing frequently, or wheezing (noisy when breathing out), it may be asthma:

- **STOP the student's** activity and encourage the student to sit and rest.
- **Call 911** immediately if student requests or is in severe distress—struggling to breathe, lips blue, unable to walk or talk.
- Follow the designated **asthma management plan** (individual student plan, if available, or school protocol).
- Follow the school protocol to **notify the school nurse** (or other designated staff) if medication is not available or if symptoms are not resolved within 5 to 10 minutes after using the inhaler.
- **Never** let a child with breathing problems leave the gym or field **alone**.
- If symptoms resolve, permit students to **resume activity** when they are ready, according to their asthma management plan.
- Follow the school protocol to **inform parents** of the event and document actions taken.



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