



Health Services Dept.  
200 W. Expressway 83  
La Joya, Texas 78560  
Tel (956) 323-2615 Fax (956) 323-2617

# Health Services

Student: \_\_\_\_\_ Date: \_\_\_\_\_ Gr/Teacher: \_\_\_\_\_

## Asthma

Asthma is a chronic respiratory illness which results in the airway becoming smaller due to inflammation causing difficulty breathing.

Early signs of Asthma:

Students who have asthma often learn to identify their early warning signs or physical changes that occur in the early stage of airway obstruction. These early warning signs usually happen long before more serious symptoms occur. Being aware of these early warning allows the student to take medication at a time when asthma is easiest to control.

Some symptoms may include:

- Cough
- Wheezing
- Shortness of Breath
- Chest pain/ pressure/ tightness
- Sweating
- Anxious behavior
- Mouth breathing
- "I don't feel good"

\_\_\_\_\_ Student allowed to carry and self-administer inhaler when needed.

\_\_\_\_\_ Student has inhaler available in nurse's office when needed.

\_\_\_\_\_ Student will need to come to nurse's office daily at \_\_\_\_\_.

Common triggers that may cause an asthmatic episode:

- Exercise: running hard, especially in cold weather
- Colds or flu
- Laughing or crying hard
- Allergens: pollen, animal dander, dust molds
- Irritants: cold air, strong smells, weather changes, smoke

Knowing the signs of a beginning episode will help you and other staff take appropriate measures to avoid a more serious medical emergency. There should be no delay once a student has notified the teacher of a possible problem.

Please sign to acknowledge that you have received this information.

\_\_\_\_\_  
Teacher Signature

\_\_\_\_\_  
Date

\_\_\_\_\_  
Coach Signature

\_\_\_\_\_  
Date

\_\_\_\_\_  
Teacher Signature

\_\_\_\_\_  
Date

\_\_\_\_\_  
Librarian Signature

\_\_\_\_\_  
Date

\_\_\_\_\_  
Teacher Signature

\_\_\_\_\_  
Date

\_\_\_\_\_  
Teacher Signature

\_\_\_\_\_  
Date

Health information provided by: \_\_\_\_\_