




# UPDATED NORTHSIDE ASTHMA PLAN

**Asthma Action Plan** should be in place for each student who has respiratory problems and/or asthma and requires school interventions or restrictions. A student’s family physician will be requested to complete an Asthma Action Plan, and should provide the recommended interventions or restrictions they recommend and confirm with a signature. The campus nurse is responsible for maintaining records and providing a list for teachers of their students who have respiratory and/or asthma conditions. The nurse instructs staff as to precautions and interventions for students. Teachers responsible for ROTC, band, dance and spirit organizations, middle school coaches and high school athletic trainers must meet with the campus nurse and review all Asthma Action Plans for students participating in their organizations.

## Air Quality and Outdoor Activity Guidance for Schools

Regular physical activity — at least 60 minutes each day — promotes health and fitness. The table below shows when and how to modify outdoor physical activity based on the Air Quality Index. This guidance can help protect the health of all children, including teenagers, who are more sensitive than adults to air pollution. Check the air quality daily at [www.airnow.gov](http://www.airnow.gov).

Air Quality Index	Outdoor Activity Guidance
 <p>orange</p> <p>UNHEALTHY FOR SENSITIVE GROUPS</p>	<p>It’s OK to be active outside, especially for <b>short activities</b> such as recess and physical education (PE).</p> <p>For <b>longer activities</b> such as athletic practice, take more breaks and do less intense activities. Watch for symptoms and take action as needed.*</p> <p>Students with asthma should follow their asthma action plans and keep their quick-relief medicine handy.</p>
 <p>red</p> <p>UNHEALTHY</p>	<p>For <b>all outdoor activities</b>, take more breaks and do less intense activities.</p> <p>Consider moving <b>longer or more intense activities</b> indoors or rescheduling them to another day or time.</p> <p>Watch for symptoms and take action as needed.*</p> <p>Students with asthma should follow their asthma action plans and keep their quick-relief medicine handy.</p>
 <p>purple</p> <p>VERY UNHEALTHY</p>	<p>Move <b>all activities</b> indoors or reschedule them to another day.</p>

### \* Watch for Symptoms

Air pollution can make asthma symptoms worse and trigger attacks. Symptoms of asthma include coughing, wheezing, difficulty breathing, and chest tightness. Even students who do not have asthma could experience these symptoms.

#### If symptoms occur:

The student might need to take a break, do a less intense activity, stop all activity, go indoors, or use quick-relief medicine as prescribed. If symptoms don’t improve, get medical help.

### Go for 60!

CDC recommends that children get 60 or more minutes of physical activity each day. [www.cdc.gov/healthyyouth/physicalactivity/guidelines.htm](http://www.cdc.gov/healthyyouth/physicalactivity/guidelines.htm)

### Plan Ahead for Ozone

There is less ozone in the morning. On days when ozone is expected to be at unhealthy levels, plan outdoor activities in the morning.