


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

For more information on air quality, visit the following website: www.epa.gov/airquality

Air Quality Index	Outdoor Activity Guidance
 <p>UNHEALTHY FOR SENSITIVE GROUPS</p>	<p>short activities – Short activities are limited to 15-20 minutes and should be done in shaded areas.</p> <p>longer activities – Longer activities should be limited to 30-45 minutes and should be done in shaded areas.</p> <p>⚠️ Watch for Symptoms – Watch for symptoms such as coughing, wheezing, chest tightness, and shortness of breath.</p>
<p>UNHEALTHY</p>	<p>all outdoor activities – All outdoor activities should be limited to 30-45 minutes and should be done in shaded areas.</p> <p>longer or more intense activities – Longer or more intense activities should be limited to 15-20 minutes and should be done in shaded areas.</p> <p>⚠️ Watch for Symptoms – Watch for symptoms such as coughing, wheezing, chest tightness, and shortness of breath.</p>
<p>VERY UNHEALTHY</p>	<p>all activities – All activities should be limited to 15-20 minutes and should be done in shaded areas.</p>

*** Watch for Symptoms**

Asthma Symptoms: Coughing, wheezing, chest tightness, and shortness of breath.

If symptoms occur: Stop activity, use rescue inhaler, and seek medical attention if symptoms do not improve.

Go for 60!

Encourage students to get 60 minutes of physical activity each day. Visit www.govt.gov/60 for more information.

Plan Ahead for Ozone

Check the Air Quality Index (AQI) for ozone levels. Avoid outdoor activities during peak ozone hours (10 AM to 4 PM) when the AQI is in the Unhealthy or Very Unhealthy range.