



April 1, 2016

To: Northside ISD Parents/Guardians and Student's Physician

Subject: **Outdoor Activity Procedure for Orange Air Quality Alert Days**

Due to concerns based on information received from AACOG and the medical community regarding the ill effects that poor air quality can have on sensitive groups, NISD has enacted the following procedure for the safety of all students with asthma and/or pulmonary disease. Based on the Air Quality Alert level Orange, strenuous outdoor activities will be curtailed for students with asthma or respiratory and heart problems. Elementary students should be given alternative fun indoor activities for recess.

If you wish to waiver Northside procedure during Orange Air Quality Alert Days, your child's physician will need to complete and sign the waiver below.

Air Quality Alert

_____ Student's Name

_____ Campus

PHYSICIAN PLEASE INITIAL ONE OF THE STATEMENTS BELOW:

_____ 1. No Restrictions - student is released to go outside with no restrictions

_____ 2. Must Stay Indoors - no outdoor recess or athletic activity will be permitted

_____ Physician's Signature

_____ Date

I agree with the recommendations of my child's physician as noted above.

_____ Parent/Guardian Signature

_____ Date



Name: _____
 Date of Birth: _____
 School: _____



ASTHMA MEDICINE PLAN

You can use the colors of a traffic light to help learn about your asthma medicines.

1. **GREEN** means **GO**. Use your prevention medicines every day.
2. **YELLOW** means **CAUTION**. Use quick-relief medicine.
3. **RED** means **DANGER!** Use extra medicines and call your doctor **NOW!**



GREEN means GO!!!! USE PREVENTION MEDICINES EVERY DAY

* Breathing is good. Not Applicable (no prevention medicines)

* No cough or wheeze.

* Can work and play.

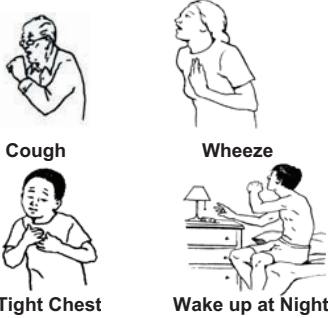


Medicine	How much to take	Times	Circle One
_____	_____ with spacer	_____	Home/School
_____	_____	_____	Home/School
_____	_____	_____	Home/School

****20 minutes before sports, use this medicine:**

YELLOW means CAUTION!!!! START TAKING QUICK-RELIEF MEDICINE

1. KEEP TAKING GREEN ZONE MEDICINES.
2. START TAKING QUICK-RELIEF MEDICINE TO KEEP AN ASTHMA ATTACK FROM GETTING BAD.



Medicine(circle)	How much to take	Times to take
_____	_____	_____ with spacer now and every 4 to 6 hours

**If you DO NOT feel better in 20 to 60 minutes FOLLOW THE RED ZONE PLAN
 **IF YOU CONTINUE WITH THESE SYMPTOMS FOR 12 TO 24 HOURS, CALL YOUR DOCTOR.

RED means DANGER!!! GET HELP FROM A DOCTOR NOW !!!

- * Medicine is not helping
 - * Breathing is hard and fast
 - * Nose opens wide to breathe
 - * Can't talk well
- GO TO DOCTOR'S OFFICE OR EMERGENCY ROOM!
 TAKE THESE MEDICINES UNTIL YOU SEE THE DOCTOR.**



Medicine(circle)	How much to take
_____	_____ with spacer
You may repeat this dose _____ times, 20 minutes apart.	

CALL 911 (EMS) IF: Lips or fingernails are blue, or
 You are struggling to breathe, or
 You do not feel or look better in 20-30 minutes

Air Quality Alert Days: The national recommendation is to avoid outdoor exercise when levels of air pollution are high.

Physician recommendations for medication self-administration: (Check one)

- The student listed above has been instructed by me in the proper way to use his/her medications. It is my professional opinion that he/she should be allowed to carry and self-administer the above medications while on school property or at school-related events. (Optional for middle and high school students. NOT recommended for elementary student)
- The student listed above, in my professional opinion, should NOT be allowed to carry and self-administer any of his/her asthma medication(s) while on school property or at school related events. (Recommended for all elementary students)

Printed Name of Health Care Provider _____ Signature of Health Care Provider _____ Phone Number _____ Date _____

I, _____, agree with the recommendations of my child's physician as noted above and give permission for my child to receive the above medication(s) as directed. I also give permission for my child's physician and the school nurse to share written or verbal information for the duration of this school year

Signature of parent/guardian _____ Date _____



Home Telephone _____ Work Telephone _____ Cell Phone _____