



## **Self-Administration of Inhaler and Epipen Medication**

### **Instructions for Teens and Pre-teens**

#### **Inhalers**

Some middle school or high school students are allowed to carry an inhaler for asthma. This lets the student use the inhaler outside the nurse's office.

We would like to remind you about when you should use your inhaler:

- If you need your inhaler for **sports**, take two puffs 15-20 minutes before you exercise.
- If your **Action Plan** (doctor's orders) tells you to use your inhaler every four to six hours, be sure to follow this plan. This usually happens when you have a cold. If you use your inhaler more than every four hours, you must let your parent know.
- Use your inhaler if you have **ANY of these signs**:
  - Wheezing
  - Tight chest
  - Severe coughing
  - Hard to breathe

The medicine should help within 15 minutes. If you do not feel better in 15 minutes, you **MUST** go to the nurse.

- If your breathing is **hard and fast**, use your inhaler, then go to the nurse. Do not wait.
- If you are having **trouble talking** because you are out of breath, use your inhaler, then go to the nurse. Do not wait.
- If you have a **severe allergy** to something and you have breathing symptoms after you come in contact with it, use your inhaler, tell an adult and go to the nurse. Do not wait.
- **Always tell your parent** that you used your inhaler at school.

Also:

- If you have one, use your spacer with your inhaler every time. (The spacer is the tube that holds the mist for you to breathe). If you are not sure how to use the spacer, ask us and we will show you.

#### **Epipen**

This is a shot given for an allergic reaction. Use your epipen immediately if you have **any** of the following after you have been exposed what you are allergic to:

**MOUTH:** itching or swelling of the lips, tongue or mouth

**THROAT:** itching or a tight feeling in the throat, hoarse voice, hacking cough

**SKIN:** hives, itchy rash, swelling

**STOMACH:** nausea, cramps, throwing up, diarrhea

**LUNG:** short of breath, cough, wheeze

If you use your epipen, **tell someone and get to the nurse immediately.**