

CONDITION	SIGNS/SYMPOMS	MANAGEMENT
Breathing Problems	<p><u>Respiratory Distress</u> Rapid, heavy breathing Noisy breathing Gasping for air, complaining can't get air in</p> <p><u>Asthma</u> Chest pressure, tightness, heaviness, squeezing Wheezing, whistling noise Difficulty getting air out</p>	<ul style="list-style-type: none"> – Keep them and yourself calm – Keep chest upright (sit/lean if needed) – Instruct on calm, relaxed breaths <ul style="list-style-type: none"> • in through nose, out through puckered lips • Inhale/Exhale to a count (ex. 3 in, 3 out) – Help them use their inhaler <p>Call 911 if: No improvement or worsening condition ***Never Leave Person Alone!</p>
Diabetes	<p><u>Low Blood Sugar (Hypoglycemia)</u> Pale, hungry, sweating, weak, confused, aggressive</p> <p><u>High Blood Sugar (Hyperglycemia)</u> Thirsty, need to urinate, hot dry skin, smell of acetone on breath (fruity or like nail polish remover)</p>	<ul style="list-style-type: none"> – Athlete will usually be able to monitor and treat themselves – Low levels need sugary drinks/foods <ul style="list-style-type: none"> o Juicy juice, glucose tabs, etc. – High levels need insulin – Can return to play if levels normalize <p>Call 911 if: Treatment is not effective, they become in an altered mental state, or become unconscious (Do No give food by mouth if unconscious) ***Never Leave Person Alone!</p>
Seizures	<p><u>Mild Seizure</u> Reduced level of awareness Eyes open, but unable to focus Mild twitching in limbs, head or face May be unable to talk</p> <p><u>Major Seizure</u> Noisy, erratic breathing Blue twinge on lips or fingertips Rapid, uncontrolled movements Loss of bladder or bowel control Tightening of jaw, frothing at the mouth</p>	<ul style="list-style-type: none"> – Clear area of objects and onlookers – Cushion head, Do Not hold person down – Do Not place anything in their mouth – Time the length of seizure – After seizure turn on their side – Call parent, Do Not let return to activity <p>Call 911 if: No history of seizures Several small seizures Seizure lasting longer than 5 minutes Seizure may be caused by trauma No full recovery within 10 minutes ***Never Leave Person Alone!</p>
Anaphylaxis (Severe Allergic Reaction)	<p>Difficult/noisy breathing or talking Hives or welts Swelling of tongue, throat, lips face or eyes Tightening of throat Dizziness or collapse Abdominal pain or vomiting</p>	<ul style="list-style-type: none"> – Lay person flat (sit if breathing is difficult) – Assist them in administering their EpiPen – Call 911 – Loosen tight clothing – Keep them calm <p>***Never Leave Person Alone!</p>
Shock	<p>Cool, clammy, pale or ashen skin Rapid pulse and breathing Nausea/vomiting Weakness, fatigue, dizziness, fainting Enlarged pupils Altered mental state Unconsciousness</p>	<ul style="list-style-type: none"> – Lay person on back and slightly elevate feet and legs – Call 911 – Do Not give food or water – Loosen tight clothing and cover with blanket – If vomiting, turn on side <p>***Never Leave Person Alone!</p>