SYMPTOMATIC MANAGEMENT GUIDELINES FOR NON-HEALTH STAFF

**COUGHING and/or DIFFICULTY BREATHING**

Authorized non-health staff may manage coughs and/or difficulty breathing as follows:

1. Evaluate the student’s ability to breathe without pain or respiratory distress. Noisy breathing, gasping, blue color and other signs of acute distress suggest that immediate attention is needed. Call 911. Offer the student oxygen by facemask if available.
2. For fever >100oF, offer the student acetaminophen 650 to 1000 mg every 4 hours [MDD 4 g] **or** ibuprofen 400 to 600 mg every 6 hours [MDD 2400 mg] as needed. Encourage oral hydration.
3. For cough, offer the student cough syrup in a dose containing 30 mg of dextromethorphan, for use primarily at bedtime, but no more than every 12 hours. Again, encourage oral hydration.

# WHEN TO CONTACT THE ON-CALL HEALTH AND WELLNESS STAFF

* If the student has shortness of breath, wheezing or other symptoms of asthma
* If student’s cough is associated with fever >101oF **or** if fever persists for more than 72 hours
* If the student has a persistent cough that interferes with daily functioning or nighttime sleep