

# Breathe Easy: A Guide to Understanding Rule 59 for Parents and Schools

## Parents of students with asthma or severe allergies:

- Take your child to the doctor every year.
  - Get a new Emergency Action Plan for asthma and/or allergies
  - Get new prescriptions for emergency medications (such as inhalers or epinephrine pens)
- Bring the following to the school health office BEFORE school starts:
  - Emergency Action Plan and medication permission forms needed by your school district
  - Emergency medications in original packaging
- Be aware that schools must use Rule 59 Emergency Response Protocol for any student that has a breathing emergency and does not have medication at school.



## Rule 59

...is the Nebraska law that requires ALL schools to have people trained to respond to a breathing emergency in a student or staff member. It contains the Emergency Response Protocol, which are steps that schools must follow when a student shows signs of life-threatening asthma or anaphylaxis. Rule 59 requires that every school has stock epinephrine autoinjectors, albuterol, a nebulizer and equipment.



Rule 59 (Title 92, Nebraska Administrative Code, Chapter 59) has been in place since

# 2006



Data collected from school nurses\* show:



# 8.4%

of Nebraska students have a diagnosis of asthma  
Estimated: **30,000** statewide

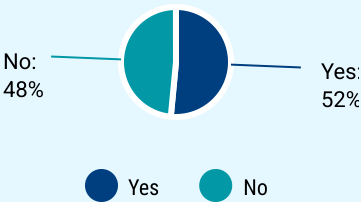
# 3.6%

of Nebraska students have a life-threatening allergy  
Estimated: **13,000** statewide

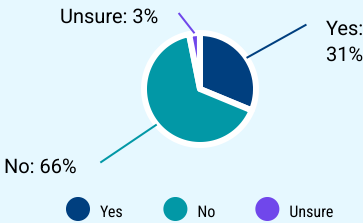
## Breathing emergencies can happen to anyone.

Many students who received Rule 59 had no history of asthma or anaphylaxis!

### History of asthma



### History of anaphylaxis



## Rule 59 Emergency Response Protocol, summarized:

- If a student already has a plan and medication, use that first
- Call 911 (they will be taken by ambulance to the hospital)
- Contact parents or guardians
- Give injection of epinephrine (Epi-pen or other brand) first
- Then give a breathing treatment of albuterol through a nebulizer

## Rule 59 saves lives!

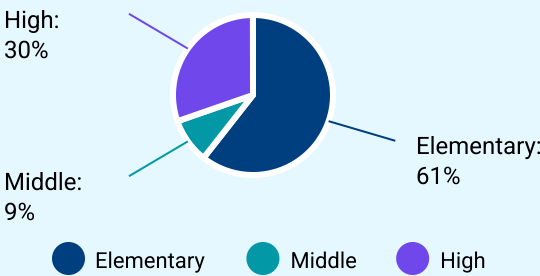
During the 2024-2025 school year, it was used on students and staff at least



# 33

times!

## Rule 59 was used most often in elementary school students



Rule 59 data provided from Emergency Reporting Forms voluntarily submitted to NDE during the 2024-2025 school year.

\*Asthma and allergy data provided by the School Nurse Data Project 2024.

Last updated: July 2025