

Asthma Attack

Common signs of an asthma attack :

- Coughing
- Shortness of breath
- Wheezing
- Tightness in the chest
- Being unusually quiet
- Difficulty speaking a full sentence
- Lips turn blue

As soon as a child starts showing signs of an asthma attack :

- Take them immediately to the school office or medical room.
- Reassure them constantly and keep them calm.
- Do not leave them alone.

Follow these easy steps from 1 - 4

- 1** Help the child take their usual dose of reliever (blue) inhaler immediately - ideally with a spacer to maximise dose



- 2** Sit the child down with a straight back - encourage them to take slow, steady breaths



Breathe in then out

- 3** *2 puffs*
 every
 2 mins

Continue to give two puffs of the reliever inhaler (*one at a time*) every 2 minutes - up to 10 puffs

- 4** Call **999** if

the child does not start to feel better after following steps **1 - 3**.

If the ambulance does not arrive within 10 minutes - repeat step 3 while you wait

Asthma Facts

6 facts about Asthma

1

5.4 Million

people in the UK
are on Asthma
Treatment

2

1 Million

of these are
children

3

**Every
10 seconds**

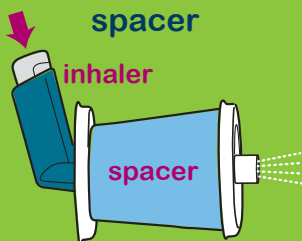
someone suffers
a life threatening
attack



4

Studies show

inhalers are more
effective when
used with a
spacer



5

2/3 of asthma

related deaths are
preventable with
better routine
care

6

3 Fatalities

per day are
caused by asthma
attacks