

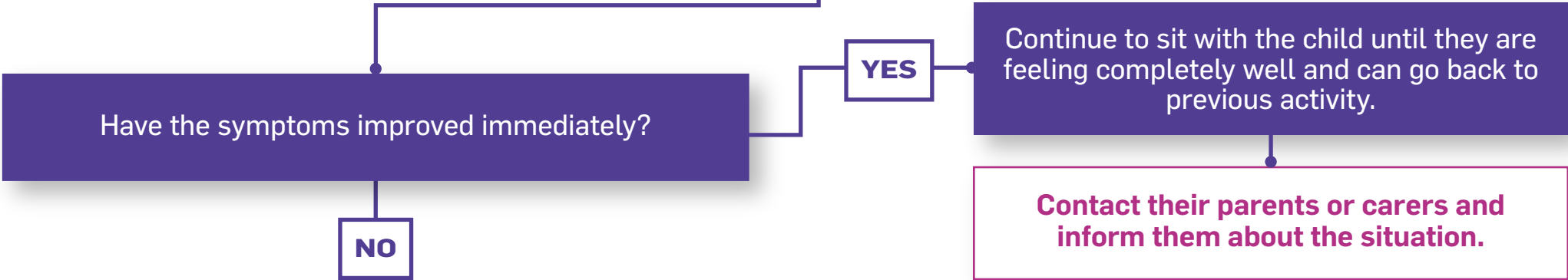
HOW TO DEAL WITH AN ASTHMA ATTACK

Step 1

- Help the child to take their usual dose of reliever (usually blue) inhaler immediately, preferably through a spacer.

Step 2

- Sit the child upright.
- Get them to take slow steady breaths.
- Keep calm and try to keep them calm. Do not leave them unattended.



Step 3

- Continue to give two puffs of reliever inhaler every two minutes, up to 10 puffs.

Step 4

- If the child does not start to feel better after taking the reliever inhaler as above or if you are worried at any time, call 999.

Step 5

- If an ambulance does not arrive within 10 minutes, repeat step 3 while you wait.

Contact their parents or carers and inform them about the situation.

Signs of an asthma attack can include any of these:

- Coughing
- Being short of breath
- Wheezy breathing
- Being unusually quiet
- Tightness in their chest - some children express this as tummy ache.