

How to deal with an asthma attack



Step 1: ■ Help the child to take their usual dose of reliever inhaler (usually blue) immediately, preferably through a spacer.

Step 2: ■ Sit the child upright.
■ Get them to take slow steady breaths.
■ Keep calm and reassure them.
■ Do not leave them alone.

Have the symptoms improved immediately?

Yes

Continue to sit with the child until they are feeling completely well and can go back to previous activity.

No

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

Step 3: ■ Continue to give two puffs of reliever inhaler (one puff at a time) every two minutes, up to ten 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 ten minutes repeat step 3 while you wait.

Common signs of an asthma attack include any one or more of the following:

- coughing
- shortness of breath
- wheezing
- tightness in the chest
- being unusually quiet
- difficulty speaking in full sentences
- lips are blue.

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