

How to manage an asthma attack in children

T

Think ?

Any of these signs:

- Coughing
- Wheezing
- Hard to breathe
- Tight chest
- Cannot walk
- Cannot talk

Are they having an asthma attack?

Remember: stay with the child at all times

I

Intervene +

- Keep calm
- Reassure child
- Sit them up and slightly forward
- Ask someone to get blue inhaler and spacer
- Administer inhaler (see blue box)
- Note time of using inhaler

M

Medicine



- Use blue inhaler
- Shake inhaler
- Place in spacer
- Spray one puff
- Take five breaths
- Repeat the above up to 10 times if needed
- If no improvement, it is safe to repeat the above 10 more times

E

Emergency



999

- If no improvement, or if you are worried or unsure, call 999
- If ambulance takes longer than 15 mins, repeat Medicine steps
- Note time of calling 999

Postcode

Has child taken their inhaler?



When asthma strikes, it's **TIME** to act