

# What to do in the event of an Asthma Attack!

## Take Action

If ANY of the following occur:

- continuous coughing
- trouble breathing
- chest tightness
- wheezing (whistling sound in chest)

Person may also be restless, irritable and/or very tired.



**1**

**IMMEDIATELY** use a fast-acting reliever inhaler (usually blue).  
Use a spacer if provided.



**2**

Check symptoms. Only return to normal activity when all symptoms are gone.

If symptoms get worse or do not improve within 10 minutes, this is an **EMERGENCY!**



**CONTINUE WITH THE EMERGENCY STEPS BELOW!**

## Emergency

If ANY of the following occur:

- breathing is difficult and fast
- cannot speak in full sentences
- lips or nail beds are blue or gray
- skin on neck or chest sucked in with each breath

Person may also be anxious, restless and/or very tired.




**3**

**IMMEDIATELY** use fast-acting reliever inhaler (usually blue).  
Use a spacer if provided.

**CALL 911** for an ambulance. Follow 911 communication protocol with emergency responders.



**4**

If symptoms continue, use reliever inhaler **EVERY 5-15 MINUTES** until medical help arrives.



**5**

**WHILE WAITING FOR MEDICAL HELP TO ARRIVE:**

- ✓ Have person sit up with arms resting on a table (**DO NOT** have person lie down unless it is an anaphylactic reaction).
- ✓ **DO NOT** have person breathe into a bag.
- ✓ Stay calm, reassure the person and stay by his/her side.
- ✓ Notify parent/guardian or emergency contact.

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