

WHAT TO DO IN AN ASTHMA ATTACK!

THINK

- Are they coughing, wheezing, finding it hard to breath, have a tight chest, unable to walk or talk?
- Do they need their inhaler?
- Do you need to call for an ambulance?
- REMEMBER: stay with the child at all times.

INTERVENE

- Keep calm and reassure child.
- Sit them up and slightly forward.
- Ask someone to get blue inhaler and spacer, administer inhaler and note the time (see medicine steps).
- Do you need to call for an ambulance?

MEDICINE

- Shake blue inhaler and place in spacer, spray one puff and take 10 breaths.
- Repeat up to 10 times if needed.
- If no improvement, it is safe to repeat a further 10 times.
- Do you need to call an ambulance?

EMERGENCY

- If no improvement or you are worried or unsure, call 999 and request an ambulance
- Note time of calling 999, school's postcode [REDACTED]
- If ambulance takes longer than 15 minutes repeat medicine steps.

ANAPHYLAXIS?

- Do they have an adrenaline pen?
- If there is no improvement they could be having an anaphylactic reaction causing inflammation in the lungs.
- If in doubt, follow their allergy management plan and inject.
- Call an ambulance stating anaphylaxis 'ANA-Fil-AX-IS'.