

Child having an asthma attack?

It's TIME to act now

T

Think

Does the child have any of the following signs?

- Coughing
- Wheezing
- Hard to breathe
- A tight chest
- Cannot walk
- Cannot talk
- Drowsy or tired

They could be having an asthma attack and need urgent treatment.

I

Intervene

- Stay with the child. Send someone else to get their inhaler and spacer.
- Keep calm and reassure the child. Sit them up and slightly forward.
- When you administer the inhaler, note down the time.

Which inhaler should I use? Salbutamol (blue inhaler) is the most common reliever inhaler. It acts quickly to treat asthma symptoms and attacks. Some children may use alternatives (e.g. Symbicort) – instructions can be found in the child's personalised asthma plan.

M

Medicine

- Shake the inhaler, then place inside the spacer's adapter.
- Spray 1 puff. The child then takes 5 breaths using the spacer's mouthpiece.
- Repeat the above steps for up to 10 puffs if needed.

If salbutamol inhaler doesn't relieve symptoms, or if the effect doesn't last more than 4 hours, **this is a medical emergency – follow the 'Emergency' steps below.** Inform parents and emergency services that this is an asthma attack and how many puffs you have given.

E

Emergency

- Call the child's parent or guardian. If the child has improved, the family should collect them and take them **directly to the GP or A&E** for an urgent check-up.
- If the child isn't improving, or if you're worried or unsure in any way, **call 999 for an ambulance and say: "child asthma attack".**
- If the ambulance takes longer than 10 minutes and the child hasn't improved, **repeat the 'Medicine' steps above.** Give up to 10 more puffs if needed.