

Signs of an asthma attack may include:

- ⇒ Coughing and shortness of breath
- ⇒ Difficulty speaking a full sentence without stopping for breath
- ⇒ Wheezy breathing and tightness in the chest
- ⇒ **I have tried two puffs of my reliever inhaler and don't feel any better**

What to do when my breathing is MUCH WORSE than normal

1. Give me **2** puffs of my reliever inhaler through a spacer device, **1** puff at a time, every **2** minutes – I can take up to **10** puffs.
2. Get me to sit up and take slow steady breaths.
3. Keep calm and reassure me.

If I still feel unwell call 999 for an ambulance

Repeat steps 1-3 every 10 minutes until an ambulance has arrived.

If I feel better I need to see my GP today.

missionTMabc
TAKING CONTROL

Fridge Magnet: v1: 19/09/2017 Review Date: 19th September 2019 Version 1.0 2019