

What to do in an asthma attack

My name

Please call this person if I have an asthma attack

Name _____

Number _____

Name of my doctor _____

Doctor's number _____

Signs of an asthma attack

- You need to take your blue inhaler a lot
- Your chest feels tight
- You are coughing and wheezing a lot
- You cannot breathe well
- It is hard to talk

1.



Sit up straight - don't lie down. Try to stay calm

2.



Take one puff of your inhaler every minute until you feel better. You can take up to ten puffs of your blue inhaler.

3.



If you don't feel better after ten puffs of your blue inhaler, call 999 for help.