



WHAT TO DO IF A CHILD IS HAVING AN ASTHMA ATTACK



SEEK EMERGENCY HELP - CALL 999

- STAY CALM
- SIT THE CHILD UPRIGHT
- LOOSEN TIGHT CLOTHING



IF THE CHILD HAS A BLUE EMERGENCY INHALER



- Give one puff with a spacer every 30-60 seconds (up to 10 puffs) until help arrives.
- If after 10 minutes help has not arrived repeat the step above

IF HELP DOES NOT ARRIVE CALL 999 AGAIN

IF THE CHILD HAS A DIFFERENT RELIEVER INHALER



Some children might have a different inhaler which they use as a daily treatment and as a reliever or just as a reliever. They might call this their MART inhaler or their AIR inhaler.

- Ask the child to take one puff of their inhaler.
- Wait 1-3 minutes, if there is no improvement in symptoms ask them to take another puff.
- Repeat this up to a maximum of 6 puffs.
- **IF HELP DOES NOT ARRIVE CALL 999 AGAIN**

When giving information to the emergency services always inform them that the child is having an asthma attack. Tell them the symptoms the child is experiencing and if they have used their inhaler.

Please note a child's inhaler may look different to the images shown