

# ASTHMA ATTACK = EMERGENCY

## SIGNS OF AN ASTHMA ATTACK INCLUDE:



Wheezing



Distressed breathing



Persistent coughing



Difficulty speaking

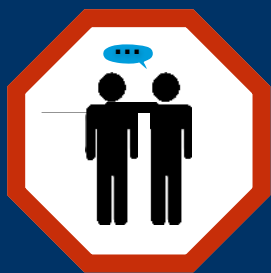


Chest tightness



Lips/fingernails turning blue/grey

## IF AN ASTHMA ATTACK HAPPENS: C.A.R.E.



### C

**Calm**

Keep them **calm** & reassure them



### A

**Air**

Sit them upright & encourage slow breathing to ensure **air** reaches their lungs



### R

**Rescue Inhaler**

Help them find & use their **rescue inhaler** (usually blue)\*



### E

**Emergency**

Call **911** if there is no inhaler or no improvement after using the inhaler

\*If available, use a **spacer** to help the medicine reach the lungs more effectively.

