

First Aid for Children

ASTHMA ATTACKS

SYMPTOMS

Symptoms of an asthma attack to look out for:

- The child's symptoms are getting worse, e.g. coughing, breathlessness, wheezing, or a tight chest.
 - The child's reliever/inhaler (usually blue coloured), is not relieving the symptoms.
 - The child is too breathless to speak.
 - The child's breathing is getting faster and they can't catch their breath.
 - A child may also complain of a tummy ache.

The symptoms won't necessarily occur suddenly. In fact, they often come on slowly over a few hours or days.



HOW TO TREAT AN ASTHMA ATTACK

If you think a child is having an asthma attack you should:

1. Remain calm, sit the child down, and tell them to take slow, steady breaths. Reassure the child and help them to remain calm; panicking will make things worse.
2. Fetch the child their inhaler and assist them with taking one puff on their reliever/inhaler (usually blue in colour), every minute, up to a maximum of 10 puffs.
3. If the child does not have their inhaler, or the symptoms are not being relieved by using the inhaler, call 999 or 112.
4. Keep the child as calm as possible until the ambulance arrives. If the ambulance takes more than 15 minutes to arrive, repeat step 2.



If the symptoms improve and you don't need to call 999, tell the parent or guardian to make an appointment to see their GP or Asthma Nurse within 24 hours.