

ASTHMANAUTS



One of the **BEST** ways to help your child's asthma is by improving their understanding of it.



These fun, interactive and free resources do just that.
asthmainnovationresearch.co.uk

When asthma strikes, it's **TIME** to act.

THINK - any asthma attack signs?

- Coughing?
- Wheezing?
- Hard to breathe?
- Tight chest?
- Cannot walk?
- Cannot talk?

T

**Is this an emergency?
Think 999**

INTERVENE

- Send someone to get spacer and inhaler.
- Stay with child and reassure them.
- Sit them up and slightly forward.
- Use blue reliever inhaler - see below.

I

**Is this an emergency?
Think 999**

MEDICINE

1. Shake blue inhaler and place in spacer.
2. Spray once and take 5 breaths.
3. Repeat steps up to 10 times if needed.



M

**Is this an emergency?
Think 999**

EMERGENCY

- If no improvement, or if worried, call 999 and call emergency contact.
- If ambulance takes longer than 10 mins, repeat "MEDICINE" steps.

E