

ASTHMANAUTS

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

THINK - any asthma attack signs?

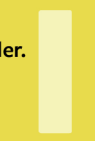
- Coughing?
- Wheezing?
- Hard to breathe?
- Tight chest?
- Cannot walk?
- Cannot talk?



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.



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.



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EMERGENCY

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



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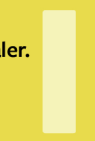
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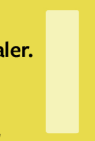
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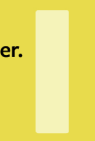
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