

Asthma FIRST AID

Steps to Manage an Asthma Episode

SIGNS OF AN ASTHMA EPISODE:

- + Shortness of Breath
- + Rapid Breathing
- + Coughing
- + Wheezing (*whistling sound*)
- + Chest Tightness
(Child may complain of a stomach ache)

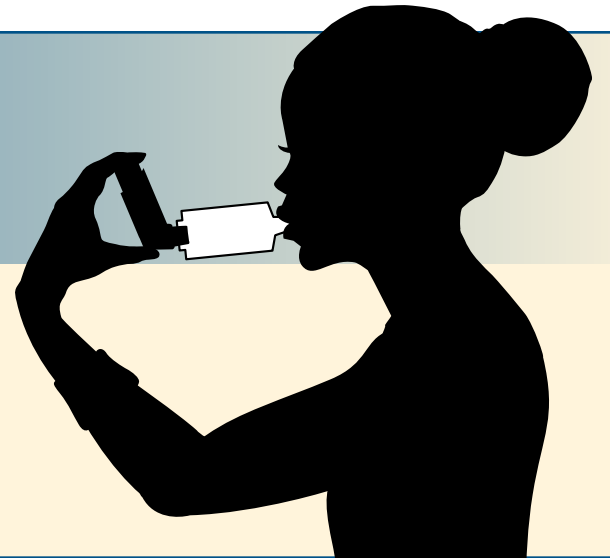
1 Remain Calm

- Speak calmly at all times
- Have person stop all activities
- Help person remain calm and in an upright position
- Stay with the person at all times



2 Use Inhaler

- Have person use his or her quick relief asthma medication
- If no medication is available, call 911



3 Alert Staff

- Notify emergency/medical staff of situation
- Keep a close watch to make sure symptoms are not getting worse



When to Call 911

If you are unsure whether emergency help is needed – **call 911 immediately**

- Breathing is so difficult that the person has trouble walking or talking
- Lips or nails look pale, blue, or gray
- Breathing does not improve within 15 minutes of the first dose/puff of medication or becomes worse
- No quick relief medication is available

CAC Chicago Asthma Consortium

For more information contact Chicago Asthma Consortium
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Funding for this project was made possible through monies received from the Illinois Department of Public Health.