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| **RECOGNIZING AN ASTHMA ATTACK – Signs and Symptoms (not all may be present):*** Cough
* Wheeze
* Shortness of breath
* Chest tightness
* Too breathless to finish a sentence
* Too breathless to walk, sleep or eat
* Lips turning blue
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| **HOW YOU CAN HELP** * **If you require assistance, ask a student/bystander to go to the front desk to call for a first-aider/first responder**
* **Do not leave the person alone until help arrive**
* **Ask bystanders/ students to leave the area**

**FIRST-AID PROCEDURE FOR AN ASTHMA ATTACK:**Your aim during an asthma attack is to ease the breathing and if necessary, get medical help.**You need to keep the person calm and reassure them;*** Encourage the person to sit in a position that he/she finds most comfortable. Do not lie him/her down
* Encourage the person to take slow steady breaths
* If the person has a blue reliever inhaler/ inhaler then encourage him/her to use it. It should relieve the attack within a few minutes.
* A mild asthma attack should ease within a few minutes of using the inhaler. If it doesn't then assist the person in the use of his/her inhaler (one puff) every minute until he/she has had 10 puffs
* Monitor his/her vital signs - breathing, level of response and pulse

**Caution:**If the attack is severe, the inhaler is having no effect, or the attack appears to be getting worse dial 999 or 112 for Emergency Services (note: you may need to dial ‘0’ to get an outside line if using a campus landline)If the person becomes unconscious [open the airway](http://www.sja.org.uk/sja/first-aid-advice/life-saving-procedures/primary-survey.aspx) and check breathing and be prepared to **begin chest compressions and rescue breaths (CPR).****If you are a trained first-aider/first responder, follow training procedures.** |