

# Child Having an ASTHMA ATTACK?

## T Think ?

Any of these signs:

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

Send someone to get inhaler and spacer

Stay with the child

 Is this an emergency?

## I Intervene +

- Keep calm
- Reassure child
- Sit them up and slightly forward
- Is someone getting inhaler and spacer?
- Administer inhaler
- Note time of using inhaler 

 Is this an emergency?

## M Medicine



- Use blue inhaler
- Shake inhaler
- Place in spacer
- Spray one puff
- Take five breaths
- Repeat the above up to 10 times if needed
- If no improvement, call an ambulance

 Is this an emergency?

## E Emergency 999



- If no improvement, or if you are worried or unsure, call 999
- If ambulance takes longer than 10 mins, repeat Medicine steps
- Note time of calling 999 

School's postcode

 Has child taken their inhaler?

When asthma strikes,  
it's TIME to act.