

Asthma First Aid in School

Assess



MILD SYMPTOMS

Short of breath, wheeze, cough, chest tightness.

MODERATE SYMPTOMS

Loud wheeze, breathing difficulty, can only speak in short sentences.

SEVERE SYMPTOMS

Distressed, gasping for breath, difficulty speaking two words, blueness around the mouth.

If the child has severe asthma or is frightened, dial 111 for an ambulance immediately.

Sit



Sit the child upright and stay with them.

Lean them forward slightly and support their arms either on their knees or on a table.

Treat



Treat with any reliever inhaler, using a spacer when possible.

MILD SYMPTOMS

Treat with 2 puffs of reliever inhaler, one puff of medicine at a time, taking 6 breaths per puff.

MODERATE OR SEVERE SYMPTOMS

Treat with 6 puffs of reliever inhaler, one puff of medicine at a time, taking 6 breaths per puff.

Help



If not improving after 6 minutes, call an ambulance and contact a parent or caregiver.

Continue to use the reliever inhaler - 6 puffs every 6 minutes until help arrives. In this situation, you will not overdose the person by giving them the reliever every few minutes.

REMEMBER
6 puffs of medication, 6 breaths per puff, and repeat every 6 minutes.

Monitor



If improving after 6 minutes, keep monitoring and contact a parent or caregiver.

If necessary, repeat puffs of reliever inhaler.

All OK!



When free of wheeze, cough or breathlessness, return to a quiet activity.

If symptoms recur, repeat treatment and rest.

REMEMBER
It is important to always see a doctor after an asthma attack.