Child having an asthma attack?

Think

Any of these signs:
- Coughing
- Wheezing
- Hard to breathe
- Tight chest
- Cannot walk
- Cannot talk
Do they need inhaler?
Remember: stay with the child at all times

Intervene

- Keep calm
- Reassure child
- Sit them up and slightly forward
- Ask someone to get inhaler and spacer
- Administer inhaler (see Medicine steps)
- Note time of using inhaler

When asthma strikes, it’s TIME to act.

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, it is safe to repeat the above 10 more times

Emergency

- Call 999
  - If no improvement, or if you are worried or unsure, call 999
  - If ambulance takes longer than 15 mins, repeat Medicine steps

Helping local people live longer, healthier lives

Whittington Health NHS
Islington Clinical Commissioning Group

UCL Partners
Academic Health Science Partnership

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