



Asthma Attacks

Asthma Symptoms



FREQUENT
COUGHING



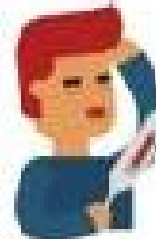
SHORTNESS
OF BREATH



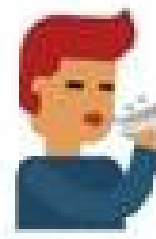
FEELING
TIRED



WHEEZING



COMMON
COLD



ALLERGIES



CHEST
PAIN



TROUBLES
WHILE SLEEPING

Mild Symptoms:

- Cough
- Feeling of 'tight chest'
- Wheeze

Moderate Symptoms:

- Increased cough and wheeze
- Mild degree of shortness of breath but able to speak in sentences
- Feeling of 'tight chest'
- Breathing a little faster than usual
- Recurrence of symptoms / inadequate response to previous 'puffs'

Severe symptoms:

- Not responding to reliever medication
- Breathing faster than usual
- Difficulty speaking in sentences
- Difficulty walking/lethargy
- Pale or blue tinge to lips/around the mouth
- Appears distressed or exhausted



Asthma Attacks

Asthma Response

Mild Symptoms Response:

1. Ensure that the pupil has access to their reliever (blue inhaler)
2. Sit the pupil down in a quiet place if possible
3. Younger pupils or those using 'puffer' style inhalers should use a spacer
4. Allow the pupil to take 2 or 4 puffs of the inhaler
5. Assess effect and if fully recovered, the child may rejoin usual activities

Moderate Symptoms Response:

- In addition to mild response
1. loosen any tight clothing around their neck
 2. Allow the pupil to take 4 or 6 puffs of the inhaler
 3. Inform parent

Severe Symptoms Response:

- In addition to moderate response
1. Help the child take one puff of their reliever inhaler every 30-60 seconds with a spacer, up to a maximum of 10 puffs.
 2. Call 999 if pupil is starting to feel worse or if the symptoms are not relieved after 10 puffs and contact the child's parents/carers.
 3. Step 1 Severe Symptoms Response can be repeated if the ambulance is taking longer than 15 minutes – if in doubt seek advice from the call operator.

