

QUAYSIDE MEDICAL PRACTICE

What to do in an Asthma attack

| | |
|---|---|
| 1 | Sit up straight- try to keep calm |
| 2 | Take one puff of your reliever inhaler (usually blue) every 30-60 seconds up to 10 puffs |
| 3 | If you feel worse at any point OR you don't feel better after 10 puffs call 999 for an ambulance. |
| 4 | If the ambulance has not arrived after 10 minutes and your symptoms are not improving, repeat step 2. |
| 5 | If your symptoms are no better after repeating step 2, and the ambulance has still not arrived, contact 999 again immediately. |