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| **RECOGNIZING AN ASTHMA ATTACK – Signs and Symptoms (not all may be present):**   * Cough * Wheeze * Shortness of breath * Chest tightness * Too breathless to finish a sentence * Too breathless to walk, sleep or eat * Lips turning blue |
| **HOW YOU CAN HELP**   * **If you require assistance, ask a student/bystander to go to the front desk to call for a first-aider/first responder** * **Do not leave the person alone until help arrive** * **Ask bystanders/ students to leave the area**   **FIRST-AID PROCEDURE FOR AN ASTHMA ATTACK:**  Your aim during an asthma attack is to ease the breathing and if necessary, get medical help.  **You need to keep the person calm and reassure them;**   * Encourage the person to sit in a position that he/she finds most comfortable. Do not lie him/her down * Encourage the person to take slow steady breaths * If the person has a blue reliever inhaler/ inhaler then encourage him/her to use it. It should relieve the attack within a few minutes. * A mild asthma attack should ease within a few minutes of using the inhaler. If it doesn't then assist the person in the use of his/her inhaler (one puff) every minute until he/she has had 10 puffs * Monitor his/her vital signs - breathing, level of response and pulse   **Caution:**  If the attack is severe, the inhaler is having no effect, or the attack appears to be getting worse dial 999 or 112 for Emergency Services (note: you may need to dial ‘0’ to get an outside line if using a campus landline)  If the person becomes unconscious [open the airway](http://www.sja.org.uk/sja/first-aid-advice/life-saving-procedures/primary-survey.aspx) and check breathing and be prepared to **begin chest compressions and rescue breaths (CPR).**  **If you are a trained first-aider/first responder, follow training procedures.** |