



ASTHMA EMERGENCY



1



Stay calm and sit the person upright

Keep them comfortable and encourage slow, steady breathing.

DO NOT LIE THEM DOWN.

2



Give the reliever inhaler

Use the blue reliever inhaler with the spacer if available.

Give **1 puff** into the spacer and ask the person to take **5 breaths**.

3



Repeat up to 10 puffs

Give 1 puff every 30–60 seconds, up to 10 puffs.

4



Call 999 if there is no improvement

Call 999 immediately if symptoms are getting worse, if the person is too breathless to talk or walk, or if you are worried at any time.

5



Keep giving the reliever

Continue to give 1 puff every 30–60 seconds until medical help arrives.



Always seek urgent help if symptoms are severe

If the person does not improve quickly, is becoming exhausted, or the attack feels severe, treat it as an asthma emergency and get medical help immediately.

Use alongside staff training and your school's asthma policy. Follow the instructions on the inhaler and spacer and seek emergency medical help immediately if symptoms do not improve.