



1. Assess

Is it an asthma attack?

Signs that someone is having an asthma attack (**any of these**):

- Sudden shortness of breath
- Cough
- Chest tightness
- Wheezing

112 (Europe), 999 (UK), 911 (USA/Canada) or 000 (Australia)



Call emergency services immediately if the person:

- Is unconscious or unresponsive
- Is not breathing — start life support (CPR)
- Has severe shortness of breath, can't speak comfortably, or lips look blue



Act fast!

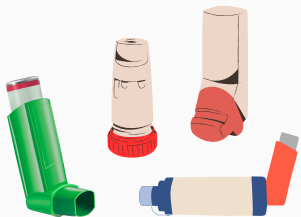
Asthma attacks can get worse quickly



2. Stay calm and help them sit upright



3. Help them find and use their reliever inhaler



Here are some examples of reliever inhalers



Unsure whether it's an asthma attack?

Using the reliever inhaler is unlikely to cause harm, even if it turns out not to be asthma!



Wait 4 minutes after using the reliever inhaler



Worse or no better? Move to **step 4**

Still difficulty breathing? Repeat the use of the reliever inhaler

Breathing normally? Advise person to get a **check-up**



4. When to call an ambulance

- The situation suddenly becomes worse
- If breathing does not return to normal after 2 rounds of puffs from their reliever inhaler

How to call for emergency help?



- Dial the emergency number: 112 (Europe), 999 (UK), 911 (USA/Canada) or 000 (Australia)
- Say 'ambulance' and mention that someone is having an asthma attack
- Follow the instructions from the emergency call takers
- Be calm, reassuring and stay with the person until emergency assistance arrives
- Keep repeating the puffs of the reliever inhaler until the ambulance has arrived

