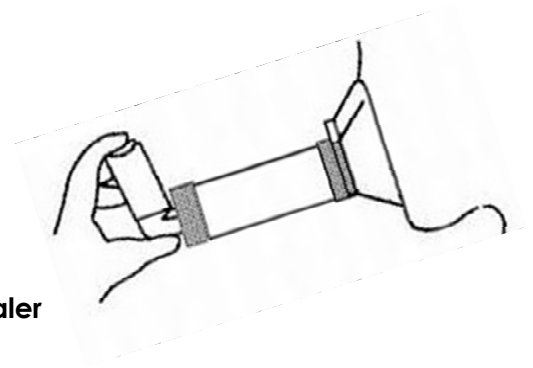


## Asthma Attack – What to do

Did you know **1 in 11 children suffer from asthma** and there is a sharp increase in children needing emergency treatment for asthma in September?

Reasons are thought to include:

- Change in weather to **cooler temperature**
- Increased exposure to **cold/flu bugs** when back at school
- Back-to-school **stress** at this exciting but daunting time
- Schools being unprepared so a **lack of quick access to inhaler**



**Asthma is a condition where the air passages in the lungs become narrow and inflamed.**

### What are the signs of an Asthma attack?

- Difficulty breathing
- Wheezy breath sounds originating from the lungs
- Difficulty speaking  
*(will need to take a breath in the middle of a sentence)*
- Pale, clammy skin
- Grey or blue lips and skin
- Use of muscles in the neck and upper chest
- Exhaustion in a severe attack
- May become unconscious and stop breathing in a prolonged attack

If you suspect someone is suffering from an asthma attack **keep them calm and be reassuring. Sit them down** – on a chair turned around to face the other way is ideal – and encourage them to take one or two puffs of their **inhaler. Loosen tight clothing** and prompt them to take steady, effective breaths. If they do not start to feel better, encourage them to take more puffs of the inhaler.

**Do Not: lay the casualty down or take them outside – cooler air exacerbates the symptoms.**

**If you are worried and/or they don't start feeling better call 999 or 112.**

Asthma is included in our three-day First Aid at Work courses.

Contact us if you have any questions about asthma.