

# How Do I Manage My Friend Having an Asthma Attack?

**What are you seeing?**

## Mild/Moderate Symptoms

- Cough
- Wheeze
- Shortness of breath
- Chest tightness/pain
- Sore tummy
- Not as active/quiet

## Severe/life threatening Symptoms

- Rapid breathing rate
- Heaving upper body
- Inability to talk in full sentences
- Colour change in skin or lips
- Distress/confusion

### Actions

- Be calm and reassuring
- Encourage your friend to sit down and loosen clothing if needed
- Administer 4-6 puffs reliever (blue) inhaler through a spacer. Shake before each puff, 1 puff at a time, every 30 seconds, take 5 breaths for each puff.
- Encourage a normal breathing rate if your friend is able.

### Actions

- Ask a friend to DIAL 999 (ambulance) then contact your friend's parents/carers
- Be calm, confident, reassuring
- Administer 1 puff reliever (blue) inhaler every 30 secs through a spacer
- Shake before each puff, 1 puff at a time, 10 breaths for each puff
- Follow actions above until the ambulance arrives

**Is your friend responding?**

**NO**

**Yes**

### Actions

- Allow them to sit for 15-20 mins observed by you or another friend
- Allow to return to normal activities
- If symptoms return after 4 hours, repeat and call your friend's parents/carers