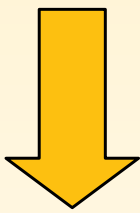


# Managing Asthma Attacks

## MILDER SYMPTOMS

If any of the following symptoms occur:

- Constant coughing
- Trouble breathing
- Chest tightness (like a tight band around chest)
- Wheezing (whistling sound in chest)



### Step 1:

Immediately use fast-acting reliever inhaler (usually **blue**).

Check symptoms. Only return to normal activity when all symptoms are gone.



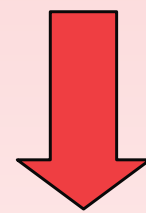
### Step 2:

If symptoms get worse or do not improve within 10 minutes, this is **an emergency** - **immediately follow these steps.**

## ASTHMA EMERGENCY

If any of the following symptoms occur:

- Breathing is difficult and fast
  - Difficulty speaking
  - Lips or nail beds are blue or gray
  - Skin on neck or chest sucked in with each breath
- Person may also be anxious, confused or tired.



### Step 1:

Call 911 for an ambulance

Wait for ambulance -  
Do not drive person to hospital

### Step 2:

Immediately use fast-acting reliever inhaler (usually **blue**).

Continue to use reliever inhaler every 5-15 minutes until medical help arrives.



### While waiting for medical help to arrive:

- ✓ Have person sit up with arms resting on a table (do not have person lie down unless it is a life threatening allergic event)
- ✓ Stay calm, reassure and stay with the person
- ✓ Notify parent/guardian or emergency contact

To learn about asthma call The Lung Association's Lung Health Information Line at **1-888-344-LUNG (5864)** or visit **www.on.lung.ca**