

Easy to read



What to do in an asthma attack

My name

Please call this person if I have an asthma attack

Name

Number

Name of my doctor

Doctor's number

Signs of an asthma attack

- You need to take your reliever inhaler (usually blue) a lot
- Your chest feels tight
- You are coughing and wheezing a lot
- You cannot breathe well
- It is hard to talk



1. Sit up straight. Do not lie down. Try to stay calm.



2. Take one puff of your reliever inhaler (usually blue) every minute until you feel better. You can take up to ten puffs of your reliever inhaler.



3. If you don't feel better after ten puffs of your reliever inhaler, call 999 for help.

This has been made by Asthma + Lung UK, a charity that helps people with asthma.

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Call our Helpline **0300 222 5800**
AsthmaAndLung.org.uk