



Helping someone who is having an

asthma attack

Key action:
Help them take their inhaler.



Recognise what to do:

The person is finding it hard to breathe.
They may make a wheezing sound.



Steps to take:

Help them to sit and rest in a comfortable position.

Reassure the person.

Help them to use their inhaler.

If the attack gets worse or they don't have an inhaler, call 999.

Supporting knowledge:

When someone has an asthma attack it is difficult for them to breathe. This is because the muscles in the airways tighten and become narrow.

Their inhaler relaxes their muscles, allowing the airways to open and ease their breathing.