

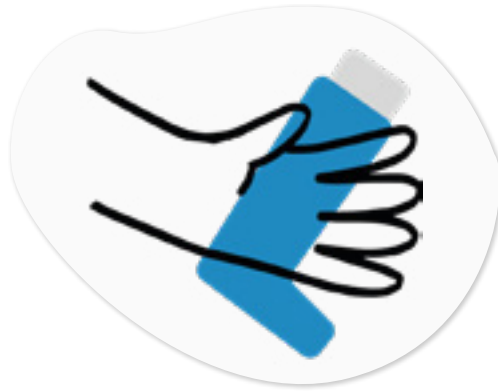
How can you help someone who is having an

asthma attack



Key action:

Help them
to use their
inhaler



How do you know someone's having an asthma attack?

They may find breathing difficult.

They may make a wheezing sound.

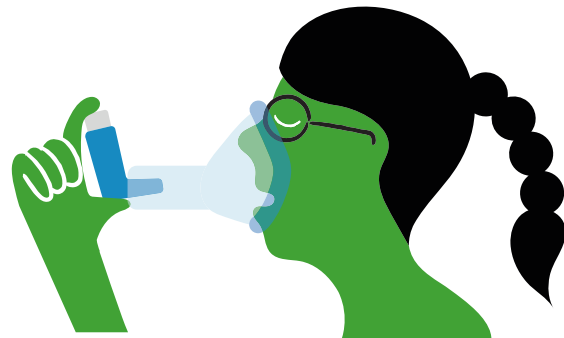
They may cough a lot.

Their lips may turn blue.



How to help

- 1 Help them to sit down and rest in a comfortable position.
- 2 Tell them not to worry, and that you are going to help them.
- 3 Help them to use their inhaler.



- 4 Tell an adult. If there is no adult around, call 999.