

# Remember what to do in an asthma attack



1

Call a grown-up to help immediately!



2

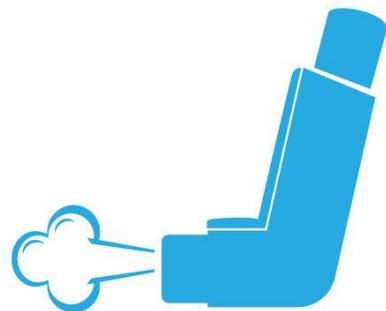
Sit the person upright and help them stay calm



3

Give 1 to 2 puffs of the blue reliever inhaler every 30 to 60 seconds

Give up to 10 puffs



4

If there is no improvement call 999 for an ambulance

Keep giving 1 puff of the blue inhaler every 30 to 60 seconds until help arrives





We can deliver these workshops at no cost to the school due to funding.

Please keep us in your thoughts if you are doing some fundraising activities at school or out with school so we can continue educating and raising awareness of these potentially life-threatening conditions .

Here are a few ideas :

A bake sale

A non-uniform day – bring a £1 to school

Sponsored run

Coffee morning

Anything you could donate to us would be gratefully received .

Thank you

Vicki

You can contact me on 014 1501 0539 or e mail me [vicki.rae@asthmaandallergy.org.uk](mailto:vicki.rae@asthmaandallergy.org.uk)

