

What to do in the event of an **ASTHMA ATTACK**

An Asthma Attack is caused by the tightening and inflammation of airway muscles.

**ALWAYS ASK IF THE INDIVIDUAL HAS AN INHALER.
IF NOT, DO THE FOLLOWING:**

1

Sit upright

Stop whatever you are doing and sit upright. Bending over or lying down can constrict your breathing even more.

2

Take long, deep breaths

This helps to slow down your breathing and prevent hyperventilation. Breathe in through your nose and breathe out through your mouth.

3

Get away from the trigger

An asthma attack could be triggered by many different things; dust, cigarette smoke or the smell of chemicals, etc. Get away from the trigger as soon as possible and go to any place with clean air.

4

Have a hot, caffeinated beverage

Hot caffeinated drinks like coffee can help to open up the airways slightly, providing some relief for an hour or two.

This is NOT a replacement for medication.

5

Stay calm

Staying calm may prevent further tightening of your chest muscles and make your breathing easier.

6

Seek emergency medical help

If the wheezing, coughing and breathing difficulty do not subside after a period of rest, seek immediate medical attention.

For more information or to book your next First Aid & CPR Course,
please visit: oneheart.ca

How to use an inhaler for an **ASTHMA ATTACK**

If you use your inhaler the wrong way, less medicine gets to your lungs, and most remains in the back of your mouth.

Follow these simple steps to properly administer an inhaler:

1

**Remove the cap.
Shake the inhaler vigorously
for about 30 seconds.**

2

**Hold the inhaler with the
mouthpiece down. Place your
lips around the mouthpiece so
that you form a tight seal.**

3

**Breathe out all the way.
Try to push out as much air as you can.
As you start to slowly breathe in
through your mouth, press down on the
inhaler one time.**

4

**Administer no more than 2 puffs
every 4-6 hours.
Keep breathing in slowly, as
deeply as you can.**

5

**Remove the inhaler from your mouth.
If you can, hold your breath as you
slowly count to 10. This lets the
medicine reach deep into your lungs.**

6

**After using your inhaler, rinse your
mouth with water, gargle, and spit.
Do not swallow the water.
If the symptoms persist, seek medical
attention.**

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