Asthma
FIRST AID
Steps to Manage an Asthma Episode

SIGNS OF AN ASTHMA EPISODE:
+ Shortness of Breath
+ Rapid Breathing
+ Coughing
+ Wheezing (whistling sound)
+ Chest Tightness
(Child may complain of a stomach ache)

1. **Remain Calm**
   - Speak calmly at all times
   - Have person stop all activities
   - Help person remain calm and in an upright position
   - Stay with the person at all times

2. **Use Inhaler**
   - Have person use his or her quick relief asthma medication
   - If no medication is available, call 911

3. **Alert Staff**
   - Notify emergency/medical staff of situation
   - Keep a close watch to make sure symptoms are not getting worse

**When to Call 911**
If you are unsure whether emergency help is needed, call 911 immediately
- Breathing is so difficult that the person has trouble walking or talking
- Lips or nails look pale, blue, or gray
- Breathing does not improve within 15 minutes of the first dose/puff of medication or becomes worse
- No quick relief medication is available

For more information contact Chicago Asthma Consortium
(773) 769-6060  |  www.chicagoasthma.org

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