
What to do in the event of an Asthma Attack

FIRST AID: ASTHMA FLARE-UPS

An Asthma Attack is caused by the tightening and inflammation of airway muscles. Quickly administered treatment can prevent an attack from becoming a medical emergency.

1

Look for signs & symptoms, like wheezing, coughing, and, in severe cases, blueness around the lips.

2

Follow the asthma action plan created by your doctor for your child.

3

If your child shows signs of a severe flare-up or they have a flare up that enters the red zone of the asthma action plan, seek emergency medical care.

4

Aim for prevention. Make a plan to avoid your child's asthma triggers and ensure they always have their asthma medication available. Work with your doctor to create a strong asthma care plan.

For more information, please visit:



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