

Asthma Attack

Recommended Postures

It is best to sit. Lean forward slightly. Support the arms on the knees.



Or sit in front of a table and rest the head on some cushions.



Reliever medication...

For immediate relief of symptoms



- ... It stops asthma symptoms immediately during an asthma attack.
- ... It usually comes in blue inhalers.
- ... It is taken before exercise to prevent exercise-induced asthma.

Breathing Techniques

1. Let the neck and shoulders droop and relax.

2. Breathe in slowly through the nose.

3. Purse the lips and breathe out slowly and evenly.

Preventer medication...

For long term treatment

- ... It prevents asthma attacks in the long term.
- ... It usually comes in brown inhalers.
- ... It has to be taken daily and on a long-term basis.
- ... If "preventer" medication is not taken, the asthmatic condition may not be controlled and this is dangerous.



Asthma Attack

Signs and symptoms of an asthma attack:

- Breathlessness
- Wheezing
- Coughing
- Chest tightness

1

Tell the person to stay calm.

2

Give "reliever" medication.

Repeat every 20 minutes
for up to 1 hour.

3

Get emergency medical help if symptoms:

- are not relieved or
- worsen rapidly or
- return within 4 hours