

# What to do in an asthma attack

**Your name**

**Name of person to contact in an emergency**

**Name of doctor**

## Signs of an asthma attack

- You need to take your blue inhaler a lot
- Your chest feels tight
- You are coughing and wheezing a lot
- You cannot breathe well
- It is hard to talk



Take 2 puffs of your blue inhaler.



Sit down and try to relax.



Take 1 puff of your inhaler every minute until you feel better.

You can take up to 10 puffs of your blue inhaler.



If you need to take 10 puffs of your blue inhaler call 999 for help.

This has been made by Asthma UK a charity that helps people with asthma