

A

Assess



Mild
Short of breath, wheeze, cough, chest tightness.

Moderate
Loud wheeze, breathing difficulty, can only speak in short sentences.

Severe
Distressed, gasping for breath, difficulty speaking two words, blueness around the mouth.

If the person has severe asthma or is frightened, call an ambulance on 111.

S

Sit



Sit the person upright and stay with them.

Mild symptoms
Treat with 2 doses of reliever inhaler.

Moderate or severe symptoms
Move on to the next step. →

T

Treat



Treat with 6 doses of any reliever inhaler.

When possible, use a spacer. Treat with 6 doses of reliever inhaler, one puff of medicine at a time, taking 6 breaths per puff.

H

Help



If not improving after 6 minutes, call an ambulance.

Continue to use the reliever inhaler - 6 doses every 6 minutes until help arrives.

Remember

- 6 doses of medication
- 6 breaths per puff
- 6 minute wait

In this situation, you will not overdose the person by giving them the reliever every few minutes.

M

Monitor



If improving after 6 minutes, keep monitoring.

If necessary, repeat doses of reliever inhaler.

A

All OK!



When free of wheeze, cough or breathlessness, return to a quiet activity.

If symptoms recur repeat treatment and rest.

Remember
It is important to always see your doctor after an asthma attack.

Download [My Asthma](#) app for asthma information, first aid, and an electronic Asthma Action Plan! Available on Google Play or Apple App Store.



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