

WHAT TO DO IN AN ASTHMA ATTACK



ONE

Sit up straight and try to **keep calm.**



TWO

Take one puff of your reliever inhaler every **30-60** seconds up to 10 puffs.



THREE

If you still don't feel better then call **999** for an ambulance.



FOUR

While waiting for an ambulance repeat step two every **15 minutes.**

IMPORTANT: Not applicable to SMART or MART medicine regimes.
Speak to your GP or asthma nurse for further information www.asthma.org.uk