

🤔👉 First Aid for Asthma Attack

An asthma attack happens when the airways tighten and swell, making breathing difficult. During an attack, stay calm, help the person sit upright, and encourage slow, steady breathing. Use a prescribed inhaler immediately.

If the person's breathing does not improve or they can't speak, call emergency help right away.

⚠️ Common Causes of Asthma Attacks

- Exposure to allergens such as dust, pollen, or smoke
- Cold air or sudden temperature changes
- Exercise without proper warm-up
- Respiratory infections (like cold or flu)
- Strong emotions or stress
- Chemical fumes, perfume, or air pollution



🚑 What to Do During an Asthma Attack

- Stay calm and reassure the person
- Help them sit upright — never lie down
- Encourage slow, steady breathing
- Use their prescribed reliever inhaler (usually blue) immediately
- If no improvement after 5–10 minutes, give another inhaler dose
- Call for emergency medical help if breathing remains difficult

❌ What NOT to Do

- Do not make the person lie down
- Do not leave the person alone
- Do not give food or drink during the attack
- Do not assume they'll recover without medication
- Do not panic — stay calm and focused





SOS

When to Seek Medical Help

- If breathing does not improve after using the inhaler
- If the person cannot speak or feels drowsy
- If lips or face turn blue (cyanosis)
- If the attack is the person's first
- If symptoms return soon after using the inhaler

Asthma Prevention Tips

Asthma prevention focuses on avoiding triggers and keeping your lungs healthy through proper medication, lifestyle, and environmental control.

Avoid Triggers

- Stay away from smoke, strong perfumes, or chemical fumes.
- Keep your home clean and dust-free.
- Use an air purifier during high pollen seasons.
- Cover your nose and mouth in cold air.



Maintain a Healthy Lifestyle

- Exercise regularly with your doctor's advice.
- Eat a balanced diet rich in fruits and vegetables.
- Manage stress with breathing or relaxation exercises.
- Get flu shots annually to prevent respiratory infections.



Follow Your Asthma Action Plan

- Take your prescribed controller medication daily if recommended.
- Always keep your reliever inhaler accessible.
- Track symptoms and peak flow readings regularly.
- Visit your doctor for regular asthma reviews.



Treatment & Medication

Medicines or inhalers that may be prescribed to control asthma and prevent future attacks.



Common Asthma Medications

- **Reliever inhalers:** (e.g., Salbutamol): provide quick relief during an attack.
- **Preventer inhalers:** (e.g., Beclometasone): reduce inflammation and prevent future attacks.
- **Combination inhalers:** contain both reliever and preventer medicine.
- **Oral medications:**(e.g., Montelukast): used for long-term control.

Remember: Always use your inhaler exactly as prescribed by your doctor. Do not overuse reliever inhalers.