# 😯 🗐 <u>First Aid for Asthma Attack</u>

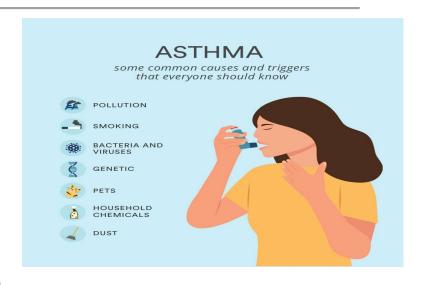
An asthma attack happens when the airways tighten and swell, making breathing difficult. During an attack, stay calm, help the person sit upright, and encourage slow, steady breathing. Use a prescribed inhaler immediately. If the person's breathing does not improve or they can't speak, call emergency 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





## 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.