

Asthma attack card

Cut out these asthma attack cards and fold them in half. Then, fill them out and give them to friends, neighbors, teachers, coaches, etc. so they'll know what to do in the event of a flare-up.

FOLD
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Asthma attack card

name

emergency contact name/relationship

emergency contact phone number

Signs I'm having an asthma attack:

- Very short of breath
- Continual coughing
- Skin between ribs pulling inward
- Difficulty completing a sentence without taking a breath



What should you do?

- Send for help.
- Locate my quick-relief inhaler and spacer and help me use it. Give me ____ puffs.
- Have me sit up straight.
- Stay calm.
- Encourage me to take deep, slow breaths.
- Stay with me until help arrives.

No immediate improvement:

If I'm still having trouble breathing 15-20 minutes after the first dose, give me ____ more puffs. I can take them sooner if I'm really having trouble.

Call 911 if:

- The medicine isn't helping; keep giving my quick-relief medicine as instructed until help arrives.
- My lips or fingernails are blue.
- If you are in doubt.

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