

FIRST AID FOR ASTHMA

Severe Symptoms May Include:

- Difficulty Speaking
- Difficulty Breathing
- Difficulty Walking
- Strained Neck Muscles
- Fearful
- Peak Flow Meter in Red Zone

1



**STAY CALM, SPEAK
REASSURINGLY &
PROVIDE PRIVACY**

2



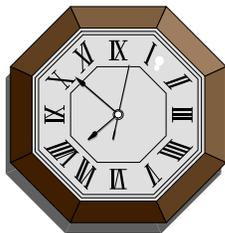
**SEAT UPRIGHT,
RELAX SHOULDERS &
DO NOT RECLINE**

3



**FOLLOW ASTHMA ACTION PLAN,
MEDICATE IMMEDIATELY &
CALL HEALTH PROFESSIONAL**

4



**IF NO IMPROVEMENT AFTER
5 MINUTES, CALL 911**

5



**CALL 911 IMMEDIATELY IF
LIPS AND/OR NAILS ARE BLUE**