### First Aid for Asthma

**Five Steps to Follow for an Asthma Episode**

If individual has excessive coughing, wheezing, shortness of breath, or chest tightness:

<table>
<thead>
<tr>
<th>Step</th>
<th>Action</th>
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<tbody>
<tr>
<td>1</td>
<td><strong>Help</strong> to an upright position</td>
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</table>
| 2    | **Access** the individual’s quick-relief inhaler  
If the individual’s quick-relief inhaler is not available, seek medical assistance. **Never leave them alone.** |
| 3    | **Follow** the individual’s action plan for use of quick-relief inhaler  
Scan the QR Code to access How-To videos and instructions. |
| 4    | **Get help** from healthcare provider, school nurse or designated staff if individual has any of these emergency signs:  
- Inhaler not helping  
- Nostrils open wide  
- Breathing hard & fast  
- Can’t walk or talk well |
| 5    | **Call 911** if not breathing, unconscious, lips are blue, struggling to breathe (hunched over or ribs show), or other signs of distress. Then, notify parent or guardian. |

For more information on managing asthma in schools, visit [Lung.org/asthma-in-schools](http://Lung.org/asthma-in-schools).