

First Aid for Asthma

Five Steps to Follow for an Asthma Episode

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

1

Help to an upright position



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](https://www.lung.org/asthma-in-schools).