

Helping someone who is:

## Having an asthma attack

Key action:

**Help them take their medication.**



## Recognise what to do:

The person is wheezing and finding it difficult to breathe.



## Steps to take:

Help them to sit in a comfortable position and take their medication.

Reassure them.

Stay with them until they feel better: if the attack becomes severe, call 999 or get someone else to do it.

## Supporting knowledge:

When someone has an asthma attack it is difficult for them to breathe. This is because the muscles in the airways tighten and become narrow.

Their medication will relax the muscles, allowing the airways to open and ease their breathing.