

5 Step Rule script:

Symptoms of an asthma attack can include one or any combination of the following:

Coughing

Wheezing

Shortness of breath

Difficulty finishing sentences

Chest tightness

Lips turning blue

If you feel an asthma attack coming on or are with someone, follow the 5 Step Rule:

Step one: Sit up and stay calm – do not lie down

Step two: Take slow, steady breaths.

Step three: Take one puff of your reliever inhaler every minute. This is usually the blue inhaler. Children under 6 years of age can take up to 6 puffs in 10 minutes. People over 6 years can take 10 puffs in 10 minutes.

Step four: If your symptoms do not improve after ten minutes, or if you're worried at any stage, call 999 or 112.

Step five: If an ambulance has not arrived after 10 minutes, the repeat step 3.

Remember, if someone is having an asthma attack, do not leave them on their own. Use a spacer if available. Make sure they see a healthcare professional afterwards.

An asthma attack is an emergency, so act now.

[Asthma Adviceline]

[COPD Adviceline]
