

# WHAT TO DO IN AN ASTHMA EMERGENCY



## SIGNS OF AN ASTHMA EMERGENCY IN CHILDREN



### PERSISTENT OR WORSENING ASTHMA SIGNS OR SYMPTOMS

- **EXTREME DIFFICULTY BREATHING AND TALKING DUE TO SHORTNESS OF BREATH**
- **UNCONTROLLED COUGH**
- **SEVERE CHEST TIGHTNESS**
- **CAN'T TALK, WALK, OR MOVE WELL**
- **LIPS OR FINGERNAILS TURN BLUE**

# 1



- DO NOT LEAVE THE CHILD ALONE
- CALM THE CHILD
- SEAT CHILD UPRIGHT

# 2



- ADMINISTER CHILD'S QUICK-RELIEF INHALER IMMEDIATELY (1 spray, wait 1 minute and repeat)
- FOLLOW THE CHILD'S ASTHMA ACTION PLAN

# 3



- IF ASTHMA SIGNS DO NOT IMPROVE IMMEDIATELY **CALL 911 OR GO TO THE NEAREST EMERGENCY ROOM**
- REPEAT ADMINISTRATION OF CHILD'S QUICK RELIEF INHALER WHILE WAITING FOR AMBULANCE
- ADMINISTER CPR IF NECESSARY



Created by the Long Beach Alliance for Children with Asthma and The Children's Clinic  
For more information call (562) 427-4249 or visit [www.lbaca.org](http://www.lbaca.org)

