

ASTHMA ATTACKS

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Signs and symptoms of a severe asthmatic attack:

- Shortness of breath, trouble breathing
- Coughing or wheezing
- Fast and shallow breathing
- Person sitting upright as they are trying to breathe
- Bluish colour in the face
- Anxiety, tightness in the chest
- Fast pulse rate, shock
- Restlessness at first, then fatigue, casualty becomes tired from trying so hard to breathe

First aid for asthma attacks:

- ESM (scene survey) and a primary survey. As soon as you identify emergency is a severe asthma attack, get medical help.
- Stop person from what ever it is they are doing and place them in the most comfortable position for breathing i.e. sitting upright with arms resting on a table.
- Help the casualty take medication if they have any
- Keep giving care until medical help arrives.