

# What to do if a child has an

# ASTHMA ATTACK



## Actions to take if a child has an asthma attack and when to call 999.

- 1** Help them to sit up – don't let them lie down. Try to keep them calm.
- 2** Help them take one puff of their reliever inhaler (with their spacer, if they have it) every 30 to 60 seconds, up to a total of 10 puffs.
- 3** If they don't have their reliever inhaler, or it's not helping, or if you are worried at any time, call 999 for an ambulance.
- 4** If the ambulance has not arrived after 10 minutes and their symptoms are not improving, repeat step 2.
- 5** If their symptoms are no better after repeating step 2, and the ambulance has still not arrived, contact 999 again immediately.

**Important:** This asthma attack advice does not apply to MART inhalers.  
Speak to your GP or asthma nurse for more information.



An asthma action plan is a written plan with all the information you need about your child's asthma in one place.  
**Scan the QR code to get yours.**

[AsthmaAndLung.org.uk](https://www.AsthmaAndLung.org.uk)

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