

# What to do if a child has an asthma attack



## “The Five Minute Rule”

- 1.** Ensure the reliever inhaler is taken immediately. This is usually blue and opens up narrowed air passages.
- 2.** Sit the child up and loosen tight clothing.
- 3.** Stay calm. Attacks may be frightening and it is important to stay calm.
- 4.** If no immediate improvement during an attack, continue to take the reliever inhaler every minute for five minutes or until symptoms improve: two puffs if MDI/evohaler or one puff if turbohaler.
- 5.** If symptoms do not improve in five minutes, or if you are in doubt, call 999 or a doctor urgently. Continue to give reliever inhaler until help arrives or symptoms improve.



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