



**A**



## Assess

MILD - Short of breath, wheeze, cough, tight chest.  
MODERATE- Loud wheeze, breathing difficulty, speak in short sentences  
SEVERE - Distressed, gasping for breath difficulty speaking two words  
blueness around their mouth.

**IF THE PERSON HAS SEVERE ASTHMA CALL 999/112**

**S**



## Sit

Sit the person upright and stay with them.

MILD symptoms give 2 doses of a reliever

**T**



## Treat

Treat with 6 doses of any reliever inhaler.

Where possible use a spacer.

**H**



## Help

If the person does not improve in 5 minutes call 999/112.

Continue to use a reliever inhaler

**M**



## Monitor

If the person improves after 5 minutes, keep monitoring.

If needed, repeat doses of the reliever inhaler.

**A**



## ALL OK!

When the person is free of wheeze, cough or breathlessness, return to a quiet activity.

If the symptoms return repeat the treatment.

**AFTER ANY ASTHMA ATTACK YOU SHOULD SEE A DOCTOR.**