## **School Asthma Card**

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Mar. 37	can indicate:	mat your chii	d is having an asthma attack?
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oes your	child tell you	when he/she	needs medicine?
Yes	No		
oes your	child need he	lp taking his/	her asthma medicines?
Yes	∏No ∷		
		iggers (things	that make their
sthma worse)?  Pollen			tress
			Weather
Exercise			(Veaule)
Cold/flu			Air pollution
other p	olease list		
vhile in t Yes	he school's cal	re?	er asthma medicines
Many magazines	ase describe b		low much and when taken
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To:be c	ompleted by	the GP pra	ctice

## having an asthma attack

- Help them sit up straight and keep calm.
- 2 Help them take one puff of their reliever inhaler (usually blue) every 30-60 seconds, up to a maximum of 10 puffs.
- 3 Call 999 for an ambulance if:
  - their symptoms get worse while they're using their inhaler this could be a cough, breathlessness, wheeze, tight chest or sometimes a child will say they have a 'tummy ache'
  - they don't feel better after 10 puffs
  - you're worried at any time.
- 4 You can repeat step 2 if the ambulance is taking longer than 15 minutes.



Any asthma questions? Call our friendly helpline nurses

0300 222 5800 (9am - 5pm; Mon - Fri)

www.asthma.org.uk

