



ASTHMA HEALTH CARE PLAN

Actions to take for an Asthma attack

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

When to call 999

- Don't delay getting the help you need during an asthma attack. Call 999 if the reliever isn't helping, or you're worried at any time.
- While you wait for an ambulance, you can repeat step 2 above, but if their symptoms are still no better, contact 999 again.

I acknowledge the above Asthma Health Care Plan

SignedParent

Print Name

Date

I give consent for the school emergency Salbutamol Inhaler to be administered if required.

SignedParent

Print Name

Date