

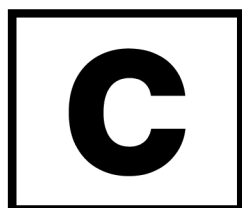
An asthma attack is potentially a life-threatening emergency

Signs of an asthma attack include:

- Wheezing
- Distressed breathing
- Difficulty speaking
- Chest tightness
- Persistent coughing
- Lips or fingernails turning blue or grey

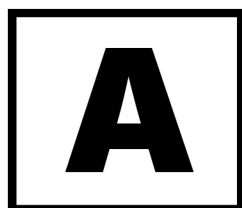


If an asthma attack happens: C.A.R.E.



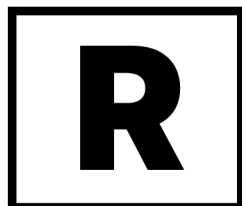
Calm

Keep them **CALM** and reassure them.



Air

Sit them upright and encourage slow breathing to ensure **AIR** reaches their lungs.



Rescue inhaler

Help them find and use their **RESCUE INHALER** (usually blue)*.



Emergency

Call **EMERGENCY SERVICES (911)** if there is no inhaler or no improvement after using the inhaler.

**If available, use a spacer to help the medicine reach the lungs more effectively.*

C.A.R.E. guidance provides general public information & does not replace personalized advice or an Asthma Action Plan from a healthcare professional.



www.asthma.ca/care

Canadian Lung Association
B R E A T H E