



What to do when you have an asthma attack

Your rescue medicine

Your rescue medicine is _____

Keep this rescue medicine with you all the time in case you have an asthma attack.

Is your asthma attack an emergency?

When you have an asthma attack, use your rescue medicine. It will usually help right away. But asthma attacks can be very serious. They can turn into emergencies at any time. So whenever you have an asthma attack, keep watching for the warning signs of an asthma emergency.

Warning signs of an emergency

Call 911 for medical help if you have *even just one* of these warning signs:

- You are breathing so hard that you have trouble walking or talking.
- or -- your lips or fingernails are looking gray or blue.
- or -- your rescue medicine is not helping, even after you have followed the directions for using it.

How to use your rescue medicine

- 1** When you have an asthma attack, take _____ puffs of your rescue medicine right away.
- 2** Sit down and stay as calm and quiet as you can. Do your best to relax, because relaxing will make it easier for you to breathe.
- 3** If you don't feel better within _____ minutes, take _____ more puffs of rescue medicine. *More instructions:*

- 4** If you *still* don't feel any better after _____ more minutes, call 911 for emergency medical help.

If you are having asthma attacks more than once a week, call your doctor

Having asthma attacks this often can mean that your asthma is getting out of control, and something needs to be done.