

## You're having an asthma attack if any of the following happens:

- ❖ Your reliever isn't helping or lasting over four hours
- ❖ Your symptoms are getting worse (cough, breathlessness, wheeze or tight chest)
  - ❖ You're too breathless or it's difficult to speak, eat or sleep
- ❖ Your breathing is getting faster and it feels like you can't get your breath in properly

### What to do in an asthma attack

- 1 Sit up – don't lie down. Try to keep calm.
- 2 Take one puff of your reliever inhaler (usually blue) every 30-60 seconds, up to a maximum of 10 puffs.
- 3 If you feel worse at any point while you're using your inhaler OR you don't feel better after 10 puffs OR you're worried at any time, call 999 for an ambulance.
- 4 If the ambulance is taking longer than 15 minutes you can repeat step 2.

**IMPORTANT!** This asthma attack information is not designed for people using a SMART or MART medicine plan. Speak to your GP or asthma nurse to get the correct asthma attack information for them.

**Any asthma questions or concerns?**  
Speak to our expert Helpline nurses,  
Monday to Friday from 9am to 5pm

**0300 222 5800**  
[www.asthma.org.uk](http://www.asthma.org.uk)



If you go to A&E (Accident and Emergency) or are admitted to hospital, if possible take your [written asthma action plan](#) with you so staff can see details of your asthma medicines.