

WHAT TO DO DURING AN ASTHMA ATTACK

Common Symptoms of an Asthma Attack

Coughing • Chest pain or tightness • Shortness of or gasping for breath • Wheezing • Flushed, pale, ashen or bluish looking skin • Speaking in clipped or short bursts of speech

1. Have the athlete **STOP** whatever activity he/she is doing.
 - Send another player to get the parent. **DO NOT** leave the athlete alone.
2. Follow the athlete's Asthma Action Plan or emergency plan if there is one.
3. If the athlete has a **RESCUE INHALER**, have the athlete use it **IMMEDIATELY**.
Generally, an athlete should:
 - Take 1 puff, hold breath for 10 seconds and exhale.
 - Wait 1-2 minutes between puffs.
 - Take another puff, hold breath for 10 seconds and exhale.
 - Have the athlete sit up and slowly breathe in through the nose and out through pursed lips.
 - Give sips of room temperature water.
4. **REPEAT** above steps if **SYMPTOMS CONTINUE**.
5. **ONLY IF** and **WHEN** symptoms are **COMPLETELY** gone can the athlete go back to playing.
6. **IF SYMPTOMS REOCCUR** after the athlete resumes playing, repeat these steps and **DO NOT** allow the athlete to resume playing for the remainder of the game.

CALL 911 IF:

- **YOU** are not sure what to do – *or*
- Rescue medications are not working (symptoms are getting worse, not better) or, meds are unavailable – *or*
- The athlete's lips or fingernails are blue – *or*
- The athlete is having difficulty talking, walking, or drinking liquids – *or*
- The athlete's nostrils are flaring out – *or*
- You see neck, throat or chest retractions – *or*
- The athlete is in obvious distress, there is a change in level of consciousness, or the athlete is showing signs of confusion – *or*
- The athlete's condition is deteriorating.

DO NOT HESITATE TO CALL 911



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