

Asthma

5 Basic rules for dealing with asthma attack

- 1 STAY CALM** — anxiety or panic can aggravate the attack
- 2 HELP** child to use reliever inhaler
- 3 ENCOURAGE** child to sit upright and lean forwards
- 4 LOOSEN** tight clothing and offer a drink of water
- 5 CALL MEDICAL HELP** if the medication fails to relieve the attack — the child should continue to use reliever inhaler every few minutes

Useful Website
www.asthma.org.uk

For further information on this issue please contact:

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GENERAL INFORMATION LEAFLET

Basic Facts for Leaders

Asthma



Dis
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NORTHERN IRELAND

General Features

- 1 in 7 children in the UK are affected
- It involves spasms of the air tubes (the bronchi) of the lungs
- A wheeze on breathing out is a regular feature of an asthma attack
- Harder to breathe out than in
- An attack can last for a few minutes or several hours
- Treated with two main types of medicine:
 - Relievers (relieves symptoms)
 - Preventers (reduces a risk of an attack)

Areas of the BB programme which may present difficulty for the boy

IN ALL SECTIONS

Asthma attacks are often brought on by exercise, especially in cold, dry weather.

An attack can often be prevented by the use of an inhaler before a PE or long games session.

“Warming Up” gradually also helps prevent an attack.



Types of Inhalers

Relievers

- 1 These relieve the symptoms of asthma straight away by relaxing the muscles around the airways so that they open wider and make breathing easier. They are usually BLUE.

Preventers

- 2 These calm the inflamed airways and stop them being irritated so easily. These help to calm the asthma and reduces the risk of an attack.

Please note these are general strategies

EACH BOY IS UNIQUE

It is therefore important to speak to his parent(s) to gain individual relevant information.