

SCHOOL ASTHMA PLAN

Asthma+Lung UK:
How to use a spacer



Beat Asthma:
Asthma Attacks



Keep **calm** and **reassure** the child. Encourage them to **sit up** and **slightly forward**.

If **coughing**, **wheezing**, or experiencing **difficulty breathing**, remain with the child whilst the spacer & inhaler are brought to them:

- **Shake** the inhaler and give **one puff** with the **spacer**
- Take **5 big deep breaths**
- Wait **30-60 seconds**, **shake** the inhaler, and give a **second puff**
- **Reassess** and **repeat up to 10 puffs** if their symptoms haven't resolved
- If this **doesn't stop** their symptoms, or the child cannot finish a sentence due to breathlessness:

Ring **999**

Ring **parents/main carer**

If the ambulance takes longer than **10 minutes** repeat the **10 puffs**.

If the child uses their **blue inhaler** at school tell their parents how many **times/puffs** and ask them to book a **GP appointment**

If the child needs their blue inhaler **twice** in the space of **2 hours** ring the parents/carers and ask them to collect the child and book an **urgent GP appointment**. Flag to the GP receptionist that they need to be seen that day.