FIRST AID FOR ASTHMA

Severe Symptoms May Include:

- Difficulty Speaking
- Difficulty Breathing
- Difficulty Walking
- Strained Neck Muscles
- Fearful
- Peak Flow Meter in Red Zone

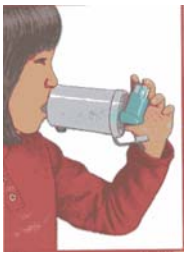
1

STAY CALM, SPEAK REASSURINGLY & PROVIDE PRIVACY

2

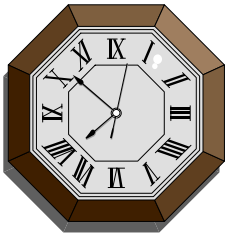
SEAT UPRIGHT, RELAX SHOULDERS & DO NOT RECLINE

3



FOLLOW ASTHMA ACTION PLAN, MEDICATE IMMEDIATELY & CALL HEALTH PROFESSIONAL

4



IF NO IMPROVEMENT AFTER 5 MINUTES, CALL 911

5

CALL 911 IMMEDIATELY IF LIPS AND/OR NAILS ARE BLUE

Provided by the Central California Asthma Project. Supported in part by a contract from NIH/NHLBI and a grant from The California Endowment.

Website: http://www.calasthma.org/resources/show_resource/103/

PRIMEROS AUXILIOS PARA EL ASMA

Síntomas Serias Pueden Incluir:

- Hablar con Dificultad
- Respirar con Dificultad
- Caminar con Dificultad
- Músculos del Cuello Torcidos
- Miedo
- Medidor de Flujo en Zona Roja

1

MANTENGASE CALMADO, HABLE CON SEGURIDAD Y PROVEA PRIVASIDAD

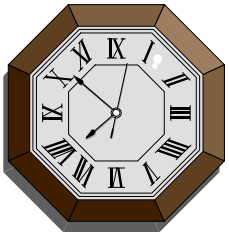
2

SIENTE A LA PERSONA DERECHO, RELAJE LOS HOMBROS, Y NO RECLINE A LA PERSONA

3

SIGA EL PLAN DE ACCIÓN DE ASMA, DE LOS MEDICAMENTOS INMEDIATAMENTE Y LLAME AL PROFESIONAL DE SALUD

4



SI NO SE MEJORA EN 5 MINUTOS, LLAME A 911

5

LLAME INMEDIATAMENTE A 911 SI LOS LABIOS Y/O LAS UÑAS ESTAN AZULES

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