

## WHAT TO DO DURING AN ASTHMA ATTACK

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: DO NOT HESITATE TO CALL 911

## WHAT TO DO DURING AN ASTHMA ATTACK

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: DO NOT HESITATE TO CALL 911

## 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

### **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**  
[www.WinningWithAsthma.org](http://www.WinningWithAsthma.org)

## 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

### **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**  
[www.WinningWithAsthma.org](http://www.WinningWithAsthma.org)