

# WHEN AND WHERE TO GET HELP FOR ASTHMA

- Uncontrolled asthma can lead to emergency visits and admission to hospital. See your doctor, asthma educator or pharmacist for more information about how to control your asthma
- Know the emergency numbers in your area. In Alberta, Health Link is a 24-hour telephone advice line staffed by experienced nurses.  
**If you have any urgent questions, dial 811 in Alberta**

	SEE YOUR DOCTOR	GO TO AN EMERGENCY	CALL 911
What You See/Feel	<ul style="list-style-type: none"> <li>• If you are using or giving reliever medicine (blue) more than 2 times/week</li> </ul>	<ul style="list-style-type: none"> <li>• If the skin at the base of your child's neck, between the ribs, or below the breastbone pulls in when your child breathes</li> <li>• If your child has no energy to play or even move around</li> <li>• Your baby will not eat or drink</li> </ul>	<ul style="list-style-type: none"> <li>• If you have or see symptoms that are very serious - breathing very fast, gasping for breath, trouble speaking, blue-grey lips or fingernails, CALL 911</li> </ul>
What To Do	<ul style="list-style-type: none"> <li>• If asthma symptoms are getting worse, take or give preventer/controller medicine at the highest dose recommended by the doctor</li> <li>• If you do not see improvement in 12 – 24 hours, make an appointment to see a doctor as soon as possible</li> </ul>	<ul style="list-style-type: none"> <li>• Give or take reliever medicine (blue). This medicine should make breathing easier within 5 - 10 minutes. Relief should last for 3 - 4 hours</li> <li>• If the dose needs to be repeated before 3 hours, please go to Emergency</li> <li>• You know best. If you are worried, go to Emergency</li> </ul>	<ul style="list-style-type: none"> <li>• Stay calm</li> <li>• CALL 911 and give the reliever medicine (blue) every few minutes until help arrives</li> </ul>
What Usually Happens	<ul style="list-style-type: none"> <li>• Everyone with asthma should have an <b>Asthma Action Plan</b>. Your plan will help you know how to adjust medicine to control asthma</li> <li>• Make an appointment with your doctor or asthma educator to develop an <b>Asthma Action Plan</b></li> <li>• Print a blank copy of an <a href="#">Asthma Action Plan</a> to take to your doctor or health care provider</li> </ul>	<ul style="list-style-type: none"> <li>• It is normal to stay several hours for treatment/observation. You or your child may be admitted to hospital until asthma symptoms are in better control</li> <li>• Along with regular medicine, you may also be prescribed a short course of oral steroids to help get asthma back in control more quickly</li> <li>• Ask for an Emergency Asthma Action Plan</li> <li>• Ask to be referred for asthma education</li> </ul>	<ul style="list-style-type: none"> <li>• Paramedics will treat you</li> <li>• You may go to Emergency for more treatment</li> <li>• It is normal to stay several hours for treatment/observation. You may be admitted to hospital until asthma is in better control</li> </ul>

**OTHER THINGS YOU CAN DO:**

1. If possible, remove yourself or your child from any known triggers
2. Sit up. Loosen tight clothing
3. Make an appointment with your family doctor/pediatrician as soon as possible after an asthma emergency visit



*This material is for information purposes only. It should not be used in place of medical advice, instruction, and/or treatment. If you have questions, talk with your doctor or appropriate healthcare professional.*