

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

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.