

Treating Breathing Difficulties

Treating breathing difficulties (for example, asthma or smoke inhalation)

- Sit the casualty down, supporting them if necessary. He/she may be more comfortable leaning slightly forward.
- Ask him/her if something like this has happened before.
- If it has happened before and he/she has medication (an inhaler), encourage him/her to take it.
- If the medication does not ease the problem within five minutes, he/she does not have medication, or this is the first time that something like this has happened, call an ambulance straight away.
- Encourage the casualty to breath normally
- Stay with the casualty and reassure him/her, trying to keep him/her as calm as possible until help arrives.

