

## Action Plan

Here's what to do when a child with asthma feels sick:

**1** have the child sit and rest



**2** help the child stay calm



**3** get help



### How adults can help during an asthma attack:

- Are you allowed to administer medication? If so, check the child's Asthma Profile to see what's needed, and offer it.
- Notify the child's parent or guardian as soon as possible.
- If necessary, call 911 for an ambulance.