



RED CRESCENT FIRST AID TIPS

Asthma attack and hyperventilation

Asthma Attack

- 1** Keep the victim calm and seat him at a table so that he can lean forward and rest. If possible, open doors and windows to allow fresh air in.
- 2** If the victim has medication, allow him to use it. A mild attack will pass quickly. In a severe attack however, the effort of breathing will tire the victim. Check his breathing and his pulse rate at 10-minute intervals. If the attack continues for a long period and does not respond to the medication, seek medical attention immediately.



Hyperventilation

- 1** Keep the victim calm. Lead her to a quiet place to remove her from the cause of distress, and to allow her to regain control of her breathing. The victim may feel dizzy or faint, so seat her at a table where she can lean forward and rest.
- 2** Raising carbon dioxide levels in the blood may help ease an attack of hyperventilation. To do this, get the victim to breathe in and out of a paper bag (note: never use a plastic bag). When the attack has passed, the victim should consult a doctor to deal with any underlying anxiety that may have brought on the attack.



Presented jointly by Malaysian Red Crescent Society and the Malaysian media in conjunction with the "First Aider in Every Home" campaign. Call 03-4578122