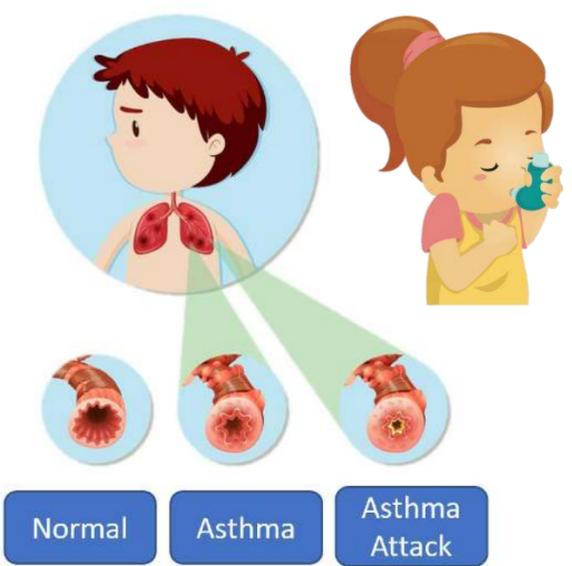


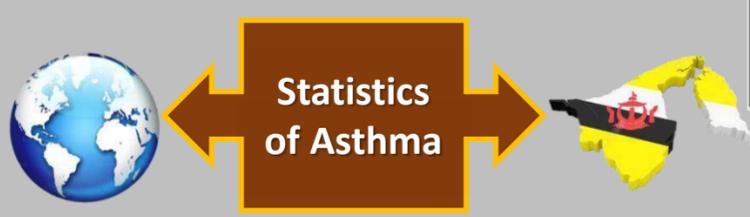
Asthma Is a chronic lung disease, in which the airways become swollen, inflamed, and clogged with mucus and fluid. Muscles surrounding the airways tighten and contract as they try to keep the passageways open, which make it hard to breath.

- Causes**
- Unknown
 - Most probably interaction between genetics and environment

- Lifestyle Changes**
- Avoid triggering factors
 - Stop smoking
 - Exercise regularly
 - Maintain a healthy weight



5.5 million diagnosed with asthma of which **1.1 million** are children

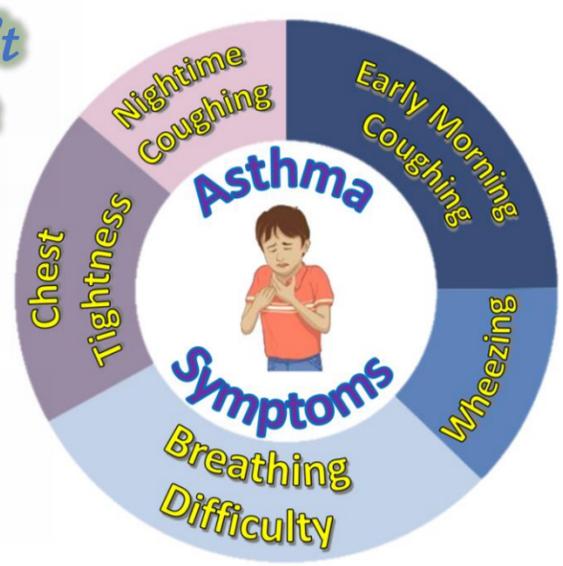


1st leading causes of hospitalization
9th leading causes of death



"Asthma can't be cured, but you can manage it"

"Prevention is the Key!"



Guide to Managing & Treating

A

ASSESS

Mild ? Short of breath, wheeze, cough, chest tightness.

Moderate ? Loud wheeze, breathing difficulty, can only speak in short sentences.

Severe ? Distressed, gasping for breath, difficulty two words, blueness around the mouth.

If the child has severe asthma or is frightened, call ambulance on 991.

S

SIT

Sit the child upright and stay with them.

If mild, treat with 2 puffs of reliever (Salbutamol / Atrovent) inhaler.

T

TREAT

Treat with 6 puffs of reliever (Salbutamol / Atrovent) inhaler.

WITH SPACER

WITHOUT SPACER

H

HELP

If not improving after 6 minutes, call ambulance 991.

Continue to use the reliever (Salbutamol / Atrovent) inhaler; 6 puffs every 6 minutes until help arrives.

Remember

- 6 puffs of reliever inhaler.
- 6 breaths per puff.
- 6 minutes wait.

M

MONITOR

If improving after 6 minutes, keep monitoring.

If necessary, repeat giving reliever (Salbutamol / Atrovent) inhaler.

A

ALL OK!

When free of wheeze, cough or breathless, return to a quiet activity.

If symptoms recur repeat treatment and rest.

Remember – It is important to always see a doctor after an asthma attack.

If you have any queries, please contact:

www.moh.gov.bn

Darussalam Line 123