PRIMEROS AUXILIOS PARA EL ASMA

Los Síntomas Severos Pueden Incluir:

- Dificultad al hablar
- Dificultad al respirar
- Dificultad al caminar
- Músculos del Cuello visibles al respirar
- Miedo
- Medidor de Flujo en Zona Roja

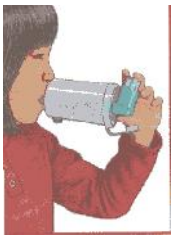
1

MANTENGA LA CALMA, HABLE CON SEGURIDAD Y PROVEA PRIVACIDAD

2

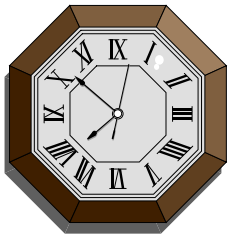
SIENTE A LA PERSONA DERECHO, RELAJE LOS HOMBROS, Y NO RECLINES A LA PERSONA

3



SIGA EL PLAN DE ACCIÓN DE ASMA, DE LOS MEDICAMENTOS INMEDIATAMENTE Y LLAME AL PROFESIONAL DE SALUD

4



SI NO SE MEJORA EN 5 MINUTOS, LLAME AL 911

5

LLAME INMEDIATAMENTE AL 911 SI LOS LABIOS O LAS UÑAS ESTÁN AZULES

Provided by the Central California Asthma Project.
Supported in part by a contract from NIH/NHLBI and a grant from The California Endowment.

FIRST AID FOR ASTHMA

Severe Symptoms May Include:

- Difficulty Speaking
- Difficulty Breathing
- Difficulty Walking
- Strained Neck Muscles
- Fearful
- Peak Flow Meter in Red Zone

1

STAY CALM, SPEAK REASSURINGLY & PROVIDE PRIVACY

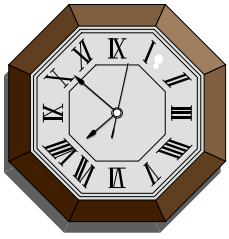
2

SIT UPRIGHT, RELAX SHOULDERS & DO NOT RECLINE

3

FOLLOW ASTHMA ACTION PLAN, MEDICATE IMMEDIATELY & CALL HEALTH PROFESSIONAL

4



IF NO IMPROVEMENT AFTER 5 MINUTES, CALL 911

5

CALL 911 IMMEDIATELY IF LIPS & NAILS ARE BLUE

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