



Help with short of breath

See and hear



Working hard to breathe

Faster breathing

Hard to talk

Panic, wild, moody

Skin colour changing (e.g. blue, pale lips or nails)

Do



Help them sit up



Open window or fan their face for airflow



Ask them to take slow, deep breaths



Give medicine as prescribed



Yarn, stay, connect...



Special things

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V1.2.3/2025

Need help? Ring the clinic.

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