



# 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



Fan their face for air flow



Ask them to take slow, deep breaths



Give medicine as prescribed



## Yarn, stay, connect...



### Special things

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Need help? Ring the clinic.

T: .....