



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



Talk, stay, connect...



Special things

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Need help? Ring the clinic. 

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