

A woman with dark hair in braids is shown from the chest up, wearing a light blue long-sleeved shirt. She has a concerned expression and is holding a blue inhaler to the mouth of a young girl with braided hair. The girl is also wearing a light blue shirt and has her hand to her chest, appearing to be in distress. The background is a soft-focus indoor setting.

Asthma attack

- Stay Calm
- Help Person Sit Upright
- Take Person **Away from Asthma Trigger**
- **Give Inhaler** & Follow Emergency Plan
- Call 9-1-1 if Symptoms Worsens



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