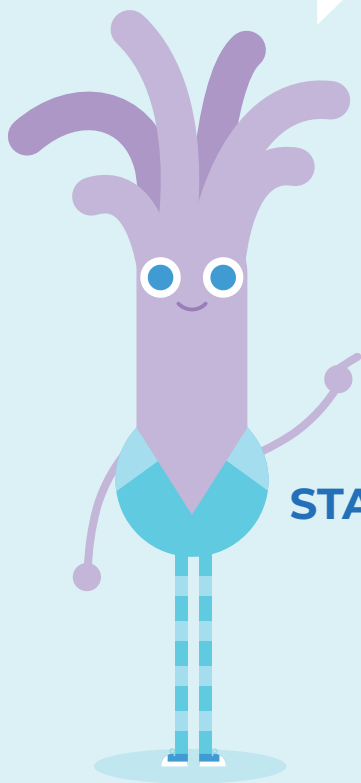


The 'Take 5' breathing hand for rescue breathing

1. Using your finger on one hand, trace around your fingers of your other hand.
2. **Breathe IN** as you trace up one side
3. **Breathe OUT** as you trace down the other side



START



Assess how you feel every 2-5 minutes.
Do I feel the same? Better? Worse?
Follow your Asthma Action Plan
and seek help when needed.