

Shortness of breath



Sitting posture that relieves breathing



The patient should be supported by a helper!

- Open tight clothes, e.g. tie or shirt button
- Provide fresh air, e.g. open windows
- Calm down those affected
- In the case of asthma, instruct in addition to the lip brake
- Make an emergency call if necessary

If necessary, the patient's own emergency medication can be provided.