

Asthma Attack Without an Inhaler: 9 Steps That Could Save Your Life

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Asthma is a serious disease and over 3,000 asthmatics die in the U.S. each year from this, but what if SHTF or you find yourself lost in the wilderness with no inhaler, or you run out of prescription medication because there is no pharmacies open or stocked, anymore.

What steps could you take to prevent or treat one when all the prescription medicines were gone? I found a great article, by a real doctor that gives you great steps to take to help with an attack.

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