

First Aid For Asthma

1

RECOGNISING AN ASTHMA ATTACK

Look for:

- A Difficulty breathing
- B Wheezing sound when breathing
- C Persistent coughing
- D Tightness in chest
- E Difficulty speaking in full sentences
- F Blue/grey tinge to lips (in severe cases)
- F Anxiety or distress



2

EMERGENCY RESPONSE

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| <p>1 Remain calm and reassure the person</p> <p>2 Sit the person upright</p> <ul style="list-style-type: none"> • Do not lie them down • Help them to sit comfortably, slightly forward if it helps <p>3 Give medication</p> <ul style="list-style-type: none"> • Help the person use their reliever inhaler (usually blue) • Use a spacer if available • Allow 4 separate puffs, taken one at a time • Ask the person to take 4 breaths from the spacer after each puff | <p>4 Wait 4 minutes If no improvement, repeat step 3</p> <p>5 Call Triple Zero (000) If the person:</p> <ul style="list-style-type: none"> • Is getting worse • Is not improving after 8 total puffs • Is severely distressed or unable to speak • Has blue lips • Request an ambulance <p>6 Continue giving medication While waiting for ambulance, continue giving 4 puffs every 4 minutes</p> |
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3

FOR KNOWN ASTHMATICS

- A Follow their Asthma Action Plan if available
- B Use their own medication when possible
- C A reliever can be used even if it belongs to someone else



4

FOR FIRST-TIME ATTACKS

- A If the person doesn't have diagnosed asthma but shows symptoms, don't hesitate to use a reliever inhaler and **call Triple Zero (000)**
- B Better to treat for asthma than risk delay in treatment

Remember: Asthma can be life-threatening. When in doubt, seek emergency medical assistance.

