

# Asthma First Aid Plan

## What is an Asthma Attack?

People with asthma have extra-sensitive airways. Triggers like dust, pollens, viruses, animals, tobacco smoke and exercise may make their airways swell and narrow, causing wheeze, cough and *diffi cul ty* breathing.

If a child has difficulty breathing or his/her asthma deteriorates, follow the following steps of Asthma First Aid Plan while waiting for the ambulance to arrive

### Step 1

Sit the child upright and give assurance.

Do not leave the child alone.



### Step 2

Without delay give 4 separate puffs of a reliever (Aiomir, Asmol, Epaq, or Ventolin).

The medication is best given one puff at a time via a spacer device\*. Ask the child to take 4 breaths from the spacer after each puff of medication.



\* If a spacer is not available, simply use the puffer on its own, or improvise by cupping your hands over the child's mouth and nose.

### Step 3

Wait 4 minutes.

If there is little or no improvement repeat steps 2 and 3.



### Step 4

If there is still no improvement call an ambulance immediately (DIAL 000).

Continuously repeat steps 2 and 3 while waiting for the ambulance.



### What if it is the first attack of asthma?

If a child has difficulty breathing and it is not known whether the child has asthma, no harm is likely to result from giving relieve medication. In this situation call an ambulance immediately (Dial 000).

For more information on asthma, contact your local Asthma Foundation **1800 645 130** (office hours)

If you want the help from interpreter, please ring **TIS** on **131 450**