

Asthma First Aid Plan

Asthma can start within a few minutes or a few days. When asthma occurs, the child's chest will be contracted. He/she will be coughing, wheezing and quickly suffers breathing difficulty. If this happens, follow the 4 steps in the asthma first aid plan below.

STEP 1

Sit the child up and give assurance. Never leave the child alone..



STEP 2

Give the child 4 puffs of their asthma reliever (Asmol, Bricanyl or Ventolin).

It's best to give the child one puff at a time using a spacer device. Tell the child to breath in and out four times after each puff of reliever.



STEP 3

Wait for 4 minutes
Repeat steps 2 and 3 if the child doesn't feel better or just feels a little bit better.



STEP 4

If there is still no improvement after repeating steps 2 and 3, call the ambulance immediately



While waiting for the ambulance, continue repeating steps 2 and 3. If there is no spacer device available, you can use the puffer on its own.

If you want to know more about asthma, you can call the Asthma Foundation on 1800 645 130 (free call) during business hours (English) or TIS on 131450 (free call) anytime if you need help from an interpreter.