ASTHMA

SIGNS AND SYMPTOMS

	Mild attack	Moderate attack	Severe attack
Speech	Sentences before taking a breath.	Short sentences or phrases before taking a breath.	A few words before taking a breath.
Breathing	Minor trouble.	Clearly having trouble.	Gasping for breath, anxious, pale, sweaty, stressed.
Wheeze	Yes may have a wheeze.	Yes may have a wheeze.	May no longer have a wheeze.
Cough	Small cough, won't settle.	Persistent cough.	May or may not be a cough, lips might be blue, skin sucking in between ribs & base of the throat.

Reliever medication given from a blue/grey puffer through a spacer with a mask.

You can use a puffer without a spacer.

Signs and symptoms and triggers vary from person to person.

May be some or all of those listed.

A blue/grey puffer is a reliever.

Triggers may be exercise, illness, animals, smoke, environment.

IF AVAILABLE FOLLOW THE PERSONS ACTION PLAN

Be calm, provide reassurance, do not leave alone.

Provide puffs through a spacer (and mask if under 4).

A spacer delivers the medication more effectively.

OR

If directly from puffer - puff into mouth directly, breathe in, hold for 4 seconds, do this 4 times.

If after 2 sets of 4 puffs, still cannot breathe normally, call 000 immediately.

A severe attack is life-theatening if not treated.

REPEAT TREATMENT
Until help arrives or recovery.

Ensure Safety for Self and Others

Ask for consent to help.

POSITION SITTING UP
Shake the puffer. Insert in spacer.

4 PUFFS OF A RELIEVER
1 puff into the spacer, 4 breaths.
Shake the puffer.
Repeat 4 times.

WAIT 4 MINUTES
If still not fully recovered....

4 PUFFS OF A RELIEVER
1 puff into the spacer, 4 breaths.
Shake the puffer.
Repeat 4 times.

If still not fully recovered...

CALL 000
say, 'Asthma Emergency'

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