

Asthma First Aid

ADOLESCENT
AND ADULT
12 YEARS +

Assess



SEVERE SYMPTOMS

Distressed, gasping for breath, difficulty speaking two words, blueness around the mouth.

If the person has severe asthma or is frightened, dial 111 for an ambulance immediately.

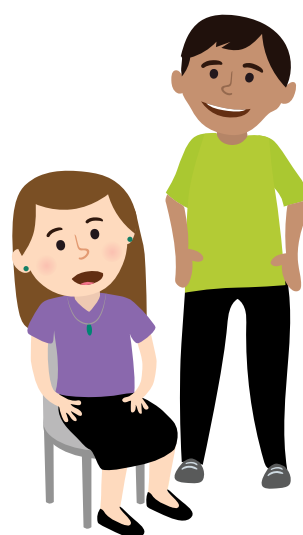
MODERATE SYMPTOMS

Loud wheeze, breathing difficulty, can only speak in short sentences.

MILD SYMPTOMS

Short of breath, wheeze, cough, chest tightness.

Sit

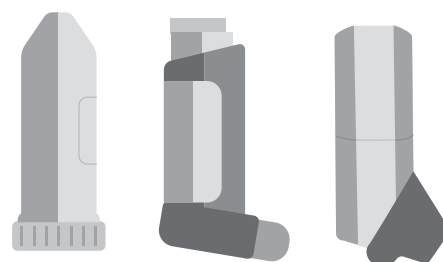


Sit the person upright.

Be calm and reassuring.

Stay with them.

Treat

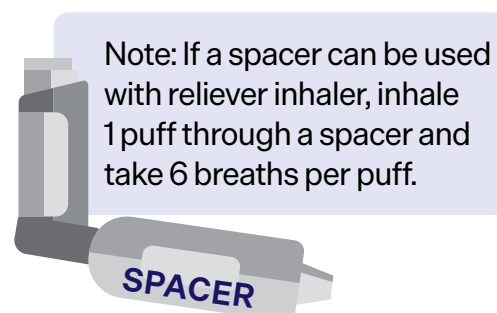


MODERATE OR SEVERE

Give **ONE** dose at a time of a **RELIEVER** inhaler.* Repeat if necessary, up to **6 times**.
Move onto next step...

MILD

Give **ONE** dose at a time of a **RELIEVER** inhaler.* Repeat if necessary.
(Once free of symptoms, monitor until all OK)



Help



If not improving, dial 111 for an ambulance immediately.

Continue to use the **RELIEVER** inhaler every few minutes until the ambulance arrives.

Monitor



If improving, keep monitoring.

If not improving, repeat dose of **RELIEVER** inhaler every few minutes until emergency assistance arrives.

All OK!



When free of wheeze, cough or breathlessness, return to a quiet activity.

If symptoms recur, repeat treatment and rest.

Remember:
Always see your healthcare practitioner after an asthma attack.

*Examples of a RELIEVER inhaler are: Symbicort™, Vannair™, DuoResp Spiromax™, Ventolin™, SalAir™, Bricanyl™

Although all care has been taken in creating this asthma first aid chart, it is not intended to be a substitute for individual medical advice/treatment. The Cardiac and Respiratory Foundation NZ advises you to always seek the advice of your doctor or other healthcare professional involved in providing your treatment, should an asthma emergency occur.