

HOW TO USE THIS CARD

This card contains simple information that could be life saving in an asthma emergency.

- 1 Fill in the emergency card
- 2 Put it in your wallet or bag and keep it with you at all times
- 3 Inform others about the card so they can help you in an asthma emergency



Translating and
Interpreting Service
131 450

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ASTHMA EMERGENCY CARD

MY NAME

EMERGENCY CONTACT

NAME(S)

PHONE NUMBER(S)

AAAE2020 | May 22, 2020 2:30 pm



YOUR ASTHMA EMERGENCY WALLET CARD



ASTHMA
AUSTRALIA

1800 ASTHMA
(1800 278 462)
asthma.org.au

Be prepared



ASTHMA FIRST AID

1



SIT THE PERSON UPRIGHT

- Be calm and reassuring
- Do not leave them alone

2



GIVE 4 SEPARATE PUFFS OF BLUE/GREY RELIEVER PUFFER

- Shake puffer
- Put 1 puff into spacer
- Take 4 breaths from spacer
- Repeat until 4 puffs have been taken

OR give 2 separate inhalations of Bricanyl (6 years or older)
OR give 1 inhalation of Symbicort Turbuhaler (12 years or older)
OR give 2 puffs of Symbicort Rapihaler through a spacer

If no spacer available: Take 1 puff as you take 1 slow, deep breath and hold breath for as long as comfortable. Repeat until all puffs are given

3



WAIT 4 MINUTES

- If there is no improvement, give 4 more separate puffs of blue/grey reliever as above

OR give 1 more inhalation of Bricanyl
OR give 1 more inhalation of Symbicort Turbuhaler
OR give 2 puffs of Symbicort Rapihaler through a spacer

IF THERE IS STILL NO IMPROVEMENT

4



DIAL TRIPLE ZERO (000)

- Say 'ambulance' and that someone is having an asthma attack
- Keep giving 4 separate puffs every 4 minutes until emergency assistance arrives

OR give 1 inhalation of a Bricanyl or Symbicort Turbuhaler every 4 minutes – up to a max of 3 more inhalations of Symbicort Turbuhaler

OR give 2 puffs of Symbicort Rapihaler through a spacer every 4 minutes – up to a max of 6 more puffs of Symbicort Rapihaler

CALL EMERGENCY ASSISTANCE DIAL TRIPLE ZERO (000) IMMEDIATELY IF:

- the person is not breathing
- the person's asthma suddenly becomes worse or is not improving
- the person is having an asthma attack and a reliever is not available
- you are not sure if it is asthma
- the person is known to have anaphylaxis – follow their Anaphylaxis Action Plan, then give Asthma First Aid

Blue/grey reliever medication is unlikely to harm, even if the person does not have asthma.