

# ASTHMA FIRST AID

## Blue/Grey Reliever

Airomir, Asmol, Ventolin or Zempreon and Bricanyl

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



**DIAL TRIPLE ZERO (000) FOR AN AMBULANCE IMMEDIATELY IF THE PERSON:**

- is not breathing
- suddenly becomes worse or is not improving
- is having an asthma attack and a reliever is not available
- is unsure if it is asthma
- **is known to have anaphylaxis. ALWAYS GIVE ADRENALINE AUTOINJECTOR FIRST, and then Reliever even if there are no skin symptoms**

1



**SIT THE PERSON UPRIGHT**

- Be calm and reassuring
- Do not leave them alone

2



**GIVE 4 SEPARATE PUFFS OF RELIEVER PUFFER**

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



If using **Bricanyl**, give 2 separate inhalations (5 years or older)

3



**WAIT 4 MINUTES**

- If breathing does not return to normal, give 4 more separate puffs of reliever as above



**Bricanyl:** Give 1 more inhalation

## IF BREATHING DOES NOT RETURN TO NORMAL

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



**Bricanyl:** Give 1 more inhalation every 4 minutes until emergency assistance arrives

# ASTHMA FIRST AID

## Dual Purpose Reliever

DuoResp Spiromax 200/6 or Symbicort Turbuhaler 200/6



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- suddenly becomes worse or is not improving
- is having an asthma attack and a reliever is not available
- is unsure if it is asthma
- **is known to have anaphylaxis. ALWAYS GIVE ADRENALINE AUTOINJECTOR FIRST, and then Reliever even if there are no skin symptoms**

**1**



**SIT THE PERSON UPRIGHT**

- Be calm and reassuring
- Do not leave them alone

**2**



**GIVE 1 INHALATION OF DUORESP OR SYMBICORT**

- Load the device
  - **Spiromax:** Open and click
  - **Turbuhaler:** Open and twist around and back
- Breathe in strongly and deeply

**3**



**WAIT 4 MINUTES**

- If breathing does not return to normal, give 1 more inhalation of **DuoResp** or **Symbicort**

## IF BREATHING DOES NOT RETURN TO NORMAL

**4**



**DIAL TRIPLE ZERO (000)**

- Say 'ambulance' and that someone is having an asthma attack
- Give 1 more inhalation of **DuoResp** or **Symbicort** every 4 minutes until emergency assistance arrives
  - up to a maximum of 4 more inhalations

# ASTHMA FIRST AID

## Dual Purpose Reliever Symbicort Rapihaler 100/3



**DIAL TRIPLE ZERO (000) FOR AN AMBULANCE IMMEDIATELY IF THE PERSON:**

- is not breathing
- suddenly becomes worse or is not improving
- is having an asthma attack and a reliever is not available
- is unsure if it is asthma
- **is known to have anaphylaxis. ALWAYS GIVE ADRENALINE AUTOINJECTOR FIRST, and then Reliever even if there are no skin symptoms**

1



**SIT THE PERSON UPRIGHT**

- Be calm and reassuring
- Do not leave them alone

2



**GIVE 2 PUFFS OF SYMBICORT**

- Shake puffer
- Put 1 puff into spacer
- Take 4 breaths from spacer
  - Repeat until 2 puffs have been taken

3



**WAIT 4 MINUTES**

- If breathing does not return to normal, give 2 more puffs of **Symbicort** through a spacer

## IF BREATHING DOES NOT RETURN TO NORMAL

4



**DIAL TRIPLE ZERO (000)**

- Say 'ambulance' and that someone is having an asthma attack
- Give 2 more puffs of **Symbicort** through a spacer every 4 minutes until emergency assistance arrives
  - up to a maximum of 8 more puffs

# ASTHMA FIRST AID

## Fostair 100/6

When prescribed as reliever and preventer



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- is unsure if it is asthma
- **is known to have anaphylaxis. ALWAYS GIVE ADRENALINE AUTOINJECTOR FIRST, and then Reliever even if there are no skin symptoms**

1



**SIT THE PERSON UPRIGHT**

- Be calm and reassuring
- Do not leave them alone

2



**GIVE 1 PUFF OF FOSTAIR**

- Shake puffer
- Put 1 puff into spacer
- Take 4 breaths from spacer

3



**WAIT 4 MINUTES**

- If breathing does not return to normal, give 1 more puff of **Fostair** through a spacer

## IF BREATHING DOES NOT RETURN TO NORMAL

4



**DIAL TRIPLE ZERO (000)**

- Say 'ambulance' and that someone is having an asthma attack
- Give 1 more puff of **Fostair** through a spacer every 4 minutes until emergency assistance arrives
  - up to a maximum of 4 more puffs