

ASTHMA FIRST AID

Dual Purpose Reliever

DuoResp Spiromax 200/6 or Symbicort Turbuhaler 200/6



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
- **has a known allergy to food, insects or medication and has SUDDEN BREATHING DIFFICULTY, GIVE ADRENALINE AUTOINJECTOR FIRST (if available), even if there are no skin changes, then use a reliever**

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