

# ASTHMA FIRST AID



## Dual Purpose Reliever

BiResp Spiromax 200/6, DuoResp Spiromax 200/6, Rilast Turbuhaler 200/6 or Symbicort Turbuhaler 100/6, 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)**

**1**



**SIT THE PERSON UPRIGHT**

- Be calm and reassuring
- Do not leave them alone

**2**



**GIVE 2 INHALATIONS OF BIRESPIR OR DUORESP OR RILAST OR SYMBICORT**

- Load the device
  - **Spiromax:** Open and click
  - **Turbuhaler:** Open and twist around and back
- Breathe in strongly and deeply
  - Repeat until 2 separate inhalations have been taken

**3**



**WAIT 4 MINUTES**

- If breathing does not return to normal, give 2 more inhalations of **BiResp** or **DuoResp** or **Rilast** 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 2 more inhalations of **BiResp** or **DuoResp** or **Rilast** or **Symbicort** every 4 minutes until emergency assistance arrives
  - **Don't wait** 4 minutes if symptoms are severe. Keep repeating every few minutes until ambulance arrives