

ASTHMA FIRST AID



Anti-inflammatory 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 BIRESP 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