

# ASTHMA FIRST AID



## Blue Reliever

Airomir, Asmol, Ventolin or Zempreon and Bricanyl

Blue reliever medicines are unlikely to harm in an emergency, 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
- **has a known allergy to food, insects or medication and has SUDDEN BREATHING DIFFICULTY, GIVE ADRENALINE FIRST (if available)**

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 separate puffs have been taken



If using **Bricanyl** (5 years or older)

- **Do not shake.** Open, twist around and back, and take a deep breath in
- **Repeat** until 2 separate inhalations have been taken from the device

If you don't have a spacer handy in an emergency, 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 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



## Anti-inflammatory Dry Powder Reliever

Bufomix Easyhaler 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 BUFOMIX OR DUORESP OR RILAST OR SYMBICORT**

- Load the device
  - **Easyhaler:** Open, shake and click
  - **Spiromax:** Open and click
  - **Turbuhaler:** Open and twist around and back
- Breathe in quickly 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 **Bufomix** 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 **Bufomix** 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

# ASTHMA FIRST AID



## Anti-inflammatory Reliever

Rilast Rapihaler 100/3, Symbicort Rapihaler 50/3, 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
- **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 4 PUFFS OF RILAST OR SYMBICORT**

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

If you don't have a spacer handy in an emergency, 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 breathing does not return to normal, give 4 more puffs of **Rilast** or **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 4 more puffs of **Rilast** or **Symbicort** through a spacer every 4 minutes until emergency assistance arrives
  - Don't wait 4 minutes if symptoms are severe. Keep repeating every few minutes until ambulance arrives

# ASTHMA FIRST AID

## Fostair 100/6

When prescribed as reliever and preventer



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- 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 PUFFS OF FOSTAIR**

- Do not shake
- Put 1 puff into spacer
- Take 4 breaths from spacer
  - Repeat until 2 separate puffs have been taken

If you don't have a spacer handy in an emergency, 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 breathing does not return to normal, give 2 more puffs 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 2 more puffs of **Fostair** through a spacer every 4 minutes until emergency assistance arrives
  - **Don't wait** 4 minutes if symptoms are severe. Keep repeating every few minutes until ambulance arrives