



Asthma
Australia

Your Asthma Emergency Card

Be prepared ...

Time to see a doctor?

Do you ever?

- Get breathless or wheezy?
- Wake up coughing or wheezing?
- Struggle to keep up with your normal activity?
- Use your blue/grey reliever puffer more than two days per week?

If you answered yes to any of these questions it is time to see your doctor.

Act now – be prepared!

Asthma Emergency Card

My name

Emergency contact

Name(s)

Phone number(s)

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Asthma Australia

Call 1800 ASTHMA Helpline (1800 278 462)
or visit asthmaaustralia.org.au



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Translating and Interpreting Service
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Asthma Emergency Card

- 1** This card contains simple information that could be life saving in an asthma emergency
- 2** Simply tear off the card and fill it in
- 3** Put it in your wallet and keep it with you at all times
- 4** Inform others about the card so they can help you in an asthma emergency

I am having an asthma attack

If I have my blue/grey reliever medication – please help me with Asthma First Aid

**Call emergency assistance
Dial Triple Zero (000)
immediately if:**

- A puffer is not available
- I can't breathe or talk
- My asthma suddenly becomes worse, or is not improving
- Not sure or in doubt

Asthma First Aid

1 Sit the person upright

- Be calm and reassuring
- Do not leave them alone

2 Give 4 separate puffs of blue/grey reliever puffer

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

Repeat until **4 puffs** have been taken

Remember: Shake, 1 puff, 4 breaths

OR give 2 separate doses of a Bricanyl inhaler (age 6 & over) or a Symbicort inhaler (over 12)

3 Wait 4 minutes

- If there is no improvement, give **4 more separate puffs of blue/grey reliever**, as above

OR give 1 more dose of Bricanyl or Symbicort inhaler

4 If there is still no improvement call emergency assistance 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

OR give 1 dose of a Bricanyl or Symbicort every 4 minutes - up to 3 more doses of Symbicort