ASTHMA

Ensure Safety for Self & Others

SIGNS AND SYMPTOMS

	Mild attack	Moderate attack	Severe attack
Speech	Sentences before taking a breath.	Short sentences or phrases before taking a breath.	Can only speak a few words before taking a breath
Breathing	Minor trouble.	Clearly having trouble.	Gasping for breath, anxious, pale, sweaty, stressed.
Wheeze	Yes may have a wheeze.	Yes may have a wheeze.	May no longer have a wheeze.
Cough	Small cough, won't settle.	Persistent cough.	May or may not be a cough, lips might be blue, skin sucking in between ribs & base of the throat.



Reliever medication given from a blue/grey puffer through a spacer with a mask.



You can use a puffer without a spacer.

Signs and symptoms and triggers vary from person to person.

May be some or all of those listed.



A blue/grey puffer is a reliever.

Triggers may be exercise, illness, animals, smoke, environment.

IF AVAILABLE FOLLOW THE PERSONS ACTION PLAN

Be calm, provide reassurance, do not leave alone.

Provide puffs through a spacer (and mask if under 4 if available).

A spacer delivers the medication more effectively.

OR

If directly from puffer - puff into mouth directly, breathe in, hold for 4 seconds, do this 4 times.

If after 2 sets of 4 puffs, still cannot breathe normally, call 000 immediately.

A severe attack is life-theatening if not treated.

Ask for consent to help.

POSITION SITTING UP
Shake the puffer. Insert in spacer.

4 PUFFS OF A RELIEVER
1 puff into the spacer, 4 breaths.
Shake the puffer.
Repeat 4 times.

WAIT 4 MINUTES
If still not fully recovered....

4 PUFFS OF A RELIEVER
1 puff into the spacer, 4 breaths.
Shake the puffer.
Repeat 4 times.

If still not fully recovered...

CALL 000
say, 'Asthma Emergency'

REPEAT TREATMENT
Until help arrives or recovery.

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