

# ASTHMA

## SIGNS AND SYMPTOMS

	Mild attack	Moderate attack	Severe attack
Speech	Sentences before taking a breath.	Short sentences or phrases before taking a breath.	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.

Signs and symptoms and triggers vary from person to person. May be some or all of those listed.



Blue grey puffer.

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



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



Using a puffer without a spacer.

## WHERE AVAILABLE FOLLOW PERSONAL ACTION PLAN

**POSITION THE CASUALTY**  
Sitting upright

**4 PUFFS OF A RELIEVER**  
Through a spacer (and mask if under 4) or directly from puffer

**WAIT 4 MINUTES**  
If still not fully recovered then

**4 MORE PUFFS**  
If still not fully recovered then

**CALL 000**  
say, 'Asthma Emergency'

**Ensure Safety for Self and Others**

**Call the Ambulance on Triple Zero (000)**

Be calm, provide reassurance, do not leave alone.

A spacer delivers the medication more effectively.

Shake the puffer each time.

1 puff into the spacer, 4 breaths. Repeat 4 times.

OR

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-threatening if not treated.**

**URGENTLY PROVIDE ASTHMA TREATMENT**

Repeat until help arrives or asthma is relieved

