

# ASTHMA

Ensure the safety of everyone  
Call the ambulance on Triple Zero (000)

## Signs & Symptoms

vary from person to person\*

may be any or all of the following:

- Shortness of breath
- Wheezing
- Tight chest
- Persistent cough

## Mild

- Cough
- Minor difficulty breathing
- No difficulty speaking in sentences

## Moderate

- Persistent cough
- Obvious difficulty breathing
- Able to speak in short sentences only

## Severe & Life Threatening

- Gasping for breath
- Pale and sweaty
- May have blue lips
- Speaks only a few words in one breath

## First aid for an asthma attack

For known asthmatics follow personal action plan if available



### 1. POSITION THE CASUALTY

- Sit the person upright
- Reassure & stay with them

### 2. 4 PUFFS OF A RELIEVER

- Give 4 puffs of a blue/grey reliever
- Use a spacer if possible
- Shake, 1 puff, 4 breaths
- Repeat 4 times

### 3. WAIT 4 MINUTES

- Assess the casualty



Asthma  
**PERSISTS**  
Repeat treatment

**STILL  
NO RELIEF**

Asthma  
**WORSENS**

**CALL TRIPLE ZERO (000)**  
say "Asthma Emergency"



also....  
**Urgently Provide  
Asthma Treatment**

Repeat until help arrives  
or asthma is relieved