

# ASTHMA FIRST AID

ADOLESCENT  
AND ADULT  
12 YEARS +

## Assess



### SEVERE SYMPTOMS

Distressed, gasping for breath, difficulty speaking two words, blueness around the mouth.

**If the person has severe asthma or is frightened, dial 111 for an ambulance immediately.**

### MODERATE SYMPTOMS

Loud wheeze, breathing difficulty, can only speak in short sentences.

### MILD SYMPTOMS

Short of breath, wheeze, cough, chest tightness.

## Sit

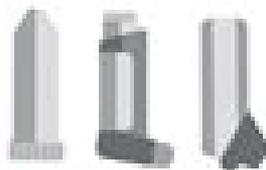


Sit the person upright.

Be calm and reassuring.

Stay with them.

## Treat



### MODERATE OR SEVERE

Give **ONE** dose at a time of a **RELIEVER** inhaler.\* Repeat if necessary, up to 6 times.

Move onto next step...

### MILD

Give **ONE** dose at a time of a **RELIEVER** inhaler.\* Repeat if necessary. (Once free of symptoms, monitor until all OK)

*Note: If a spacer can be used with reliever inhaler, inhale 1 puff through a spacer and take 6 breaths per puff.*



## Help



**If not improving, dial 111 for an ambulance immediately.**

Continue to use the **RELIEVER** inhaler every few minutes until the ambulance arrives.

## Monitor



If improving, keep monitoring.

If not improving, repeat dose of **RELIEVER** inhaler every few minutes until emergency assistance arrives.

## All OK!



When free of wheeze, cough or breathlessness, return to a quiet activity.

If symptoms recur, repeat treatment and rest.

**Remember:**  
**Always see your healthcare practitioner after an asthma attack.**

\*Examples of a RELIEVER inhaler are: Symbicort<sup>®</sup>, Ventolin<sup>®</sup>, DuoResp Spiromax<sup>®</sup>, Ventolin<sup>®</sup>, Respigen<sup>®</sup>, Salto<sup>®</sup>, Bricanyl<sup>®</sup>

Although all we have been able to do is creating the asthma first aid chart, it is not intended to be a substitute for published medical advice/treatment. The Asthma and Respiratory Foundation NZ asthma plans always read the advice of your physician or other healthcare professional involved in providing your treatment. **Always call an asthma emergency team.**

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# Asthma Resources Directory

**J Rink**



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