



Asthma First Aid

FACT SHEET prepared by The Asthma Foundation

A

ASSESS

Mild?

Short of breath, wheeze, cough, chest tightness.

Moderate?

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

Severe?

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

IF THE PERSON HAS SEVERE ASTHMA OR IS FRIGHTENED, CALL AN AMBULANCE IMMEDIATELY – DIAL 111.

S

SIT

Sit the person upright and stay with them.

Reassure calmly.

T

TREAT

Treat with 6 puffs of the blue 'reliever' inhaler.

Use a spacer, if available, for aerosol inhalers.

(One puff at a time in the spacer, person to take 6 breaths each puff.)

H

HELP

If not improving after 6 minutes, **call the ambulance**. Continue to use blue inhaler 6 puffs (as above) every 6 minutes until help arrives.

In an emergency situation you will not overdose the person by giving them the reliever every 6 minutes.

M

MONITOR

If improving after 6 minutes, keep monitoring. If necessary repeat doses of blue inhaler.

A

ALL OK!

When free of wheeze, cough and breathlessness, return to normal **quiet** activity. If symptoms recur, repeat treatment and rest. See your doctor.

Remember the Rule of Six: 6 doses of medication (one puff at a time)
6 breaths per puff
6 minute wait

The Asthma Foundation can help you

The Asthma Foundation is New Zealand's not-for-profit sector authority on asthma and other respiratory illnesses. We advocate to government and raise awareness of respiratory illnesses, fund research for better treatments and educate on best practice.

Check out our comprehensive website at www.asthmafoundation.org.nz