ASTHMA

SIGNS AND SYMPTOMS

ch	Mild attack Sentences	Moderate attack Short sentences	Severe attack A few words
Speech	before taking a breath.	or phrases before taking a breath.	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			

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



Signs and symptoms and triggers vary from person to person.

May be some or all of those listed.



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).

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 lifetheatening if not treated.

REPEAT TREATMENT Until help arrives or recovery.

Ensure Safety for Self and Others

Ask for consent to help.



First Response Training Group firstresponsetraining.trainingdesk.com.au

You can use a puffer without a spacer.

0413 513 215 Tracey@FirstResponse.Training