

# 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.



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



You can use a puffer without a spacer.

*Signs and symptoms and triggers vary from person to person.*

*May be some or all of those listed.*



*A blue/grey puffer is a reliever.*

*Triggers may be 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 life-threatening if not treated.**

**REPEAT TREATMENT**  
Until help arrives or recovery.

**Ensure Safety**  
for Self and Others

Ask for consent to help.

**POSITION SITTING UP**

Shake the puffer. Insert in spacer.

**4 PUFFS OF A RELIEVER**

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

**WAIT 4 MINUTES**

If still not fully recovered...

**4 PUFFS OF A RELIEVER**

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

If still not fully recovered...

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