

USE BLUE/GREY PUFFER (E.G. ASMOL, VENTOLIN, ZEMPREON)

Use person's own reliever inhaler, if possible. If not, use blue/grey puffer from first aid kit or borrow one.

- 1** Sit the person comfortably upright. Stay calm and reassure them.
- 2** Give 4 puffs of blue/grey puffer
How to do this:
Add 1 puff into spacer – person takes 4 breaths in and out of spacer.
Repeat until 4 puffs have been given.
See instructions below: **How to use a blue/grey puffer with spacer**
- 3** Wait 4 minutes. Stay with person – watch carefully and reassure them. Call 000 for an ambulance **at any time** if you need to. Say that someone is having an asthma attack.
- 4** After 4 minutes.

<p>Worse or no better? If getting worse or severe breathing problem, call 000 for ambulance NOW. Keep giving 4 puffs every 4 minutes until ambulance arrives. (Give 4 separate puffs, 4 breaths with each puff.)</p>	<p>Still hard to breathe? If the person still cannot breathe normally, give 4 more puffs. If still cannot breathe normally within a few minutes, call 000. Keep giving 4 puffs every 4 minutes until ambulance arrives. (Give 4 separate puffs, 4 breaths with each puff.)</p>	<p>Breathing normally? If the person feels better and is breathing normally, get them to a doctor for a check-up.</p>
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Signs that someone is having an asthma attack (any of these): Sudden shortness of breath, can't talk normally, cough, chest tightness or wheezing.

Not sure it's asthma?
If a person stays conscious and their main problem seems to be breathing, use blue/grey reliever puffer and call ambulance on 000. This medicine is unlikely to harm them even if they do not have asthma.

Severe allergic reactions/ anaphylaxis If someone is allergic to foods, insect stings or medicines **AND** they have sudden breathing problems (e.g. cough, wheeze, hoarse voice):
Give adrenaline **first**. Use their own autoinjector (e.g. EpiPen, Anapen) if available. Do this even if there are no other signs of an allergic reaction – see below.
Then give asthma reliever puffer by following the 4 steps shown here.
CALL AMBULANCE (000)

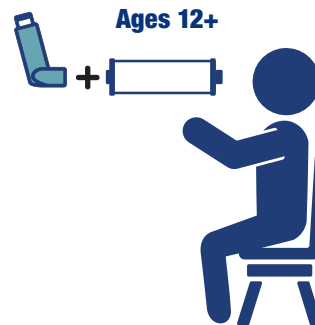
If someone is unconscious, start life support. Scan code for ANZCOR Basic Life Support Flowchart



If you need an interpreter, call 131 450

HOW TO USE A BLUE/GREY PUFFER WITH SPACER

- Remove puffer cap and shake puffer.
- Insert puffer upright into spacer.
- Put mouthpiece of spacer between person's teeth and seal lips around it.
- Press once firmly on puffer to release one puff into spacer.
- Get them to take 4 breaths in and out of spacer.
- Repeat, 1 puff at a time, until 4 puffs taken.
- Replace cap on puffer.



! No spacer?
Use a plastic drink bottle or rolled-up paper
Go to nationalasthma.org.au or scan code



! No blue/grey asthma puffer is available and the person's own asthma reliever inhaler is not blue/grey?
Go to nationalasthma.org.au or scan code

Allergic Reactions

SIGNS OF ALLERGIC REACTION: Can include swelling of lips/face/eyes, tingling mouth, hives/welts, (abdominal pain/vomiting if insect allergy)

WATCH FOR ANY OF THESE SIGNS OF ANAPHYLAXIS (severe reaction): Difficult/noisy breathing, swelling of tongue, swelling or tightness in throat, wheeze, persistent cough, difficulty talking, hoarse voice, persistent dizziness or collapse, pale and floppy (young children)

ALWAYS GIVE ADRENALINE INJECTOR FIRST, and then asthma reliever puffer if someone with known asthma and allergy to food, insects or medication has **SUDDEN BREATHING DIFFICULTY** (including wheeze, persistent cough or hoarse voice), even if there are no skin symptoms.

When to call 000 for an ambulance

- Person is drowsy
- Person looks blue around lips
- Person with breathing problem has allergies to foods, insect stings, or medicines
- Breathing problem is severe
- Person is not getting better
- You are not sure what to do