Asthma Action Plan

For use with a Puffer

MILD TO MODERATE SIGNS

- Minor difficulty breathing
- May have a cough
- May have a wheeze

ACTION FOR MILD TO MODERATE ASTHMA FLARE UP

1. Sit the person upright.
   - Stay with person and be calm and reassuring
2. Give ...............separate puffs of Airomir, Asmol or Ventolin
   - Shake puffer before each puff
   - Get the person to hold their breath for about 5 seconds or as long as comfortably possible
3. Wait 4 minutes.
   - If there is no improvement, repeat step 2

If there is still no improvement follow the Asthma First Aid Plan for severe / life-threatening asthma attacks below

Mild to moderate symptoms do not always present before severe or life-threatening symptoms

SEVERE SIGNS

- Cannot speak a full sentence
- Sitting hunched forward
- Tugging in of skin over chest or throat
- May have a cough or wheeze
- Obvious difficulty breathing
- Lethargic
- Sore tummy (young children)

LIFE-THREATENING SIGNS

- Unable to speak or 1-2 words
- Collapsed / Exhausted
- Gasping for breath
- May no longer have a cough or wheeze
- Drowsy/ Confused / Unconscious
- Skin discolouration (blue lips)

ACTION FOR SEVERE / LIFE-THREATENING ASTHMA ATTACK

1. Sit the person upright. Be calm and reassuring.
   Do not leave them alone.
2. Phone ambulance: Triple Zero (000).
3. Give ............ separate puffs of Airomir, Asmol or Ventolin
   - Shake puffer before each puff
   - Get the person to hold their breath for about 5 seconds or as long as comfortably possible
4. Wait 4 minutes.
5. Keep giving 4 puffs every 4 minutes until emergency assistance arrives.

Commence CPR at any time if person is unresponsive and not breathing normally.

Blue reliever medication is unlikely to harm, even if the person does not have asthma.

IF UNCERTAIN WHETHER IT IS ANAPHYLAXIS OR ASTHMA

- Give adrenaline autoinjector FIRST, then asthma reliever.
- If someone with known food or insect allergy suddenly develops severe asthma like symptoms, give adrenaline autoinjector FIRST, then asthma reliever.

Anaphylaxis: Y ☐ N ☐ Type of autoinjector: __________

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