




Asthma flare ups

Signs & symptoms of asthma

MILD / MODERATE	SEVERE	LIFE-THREATENING
Tightness in chest / Young children – sore tummy		
<ul style="list-style-type: none">• Minor difficulty breathing• Able to talk in full sentences• Able to walk/move around• May have cough or wheeze	<ul style="list-style-type: none">• Obvious difficulty breathing• Cannot speak a full sentence in one breath• Tugging in of the skin between ribs or at base of neck• May have cough or wheeze• Reliever medication not lasting as long as usual	<ul style="list-style-type: none">• Gasping for breath• Unable to speak or 1-2 words per breath• Confused or exhausted• Turning blue• Collapsing• May no longer have wheeze or cough• Not responding to reliever medication
 <p>Ask the person if they have asthma and if they need help. If so, assist the person with Asthma First Aid.</p>	 <p>Call Ambulance on 000 Commence Asthma First Aid</p>	 <p>Call Ambulance on 000 Commence Asthma First Aid</p>

Treating an asthma flare up

The essentials



1. Sit the person upright

- Be calm and reassuring
- Do not leave them alone

2. Give 4 puffs of blue reliever puffer medication

- Use a spacer if there is one
- Shake puffer
- Put 1 puff into spacer
- Take 4 breaths from spacer

Repeat until 4 puffs have been taken

Remember: Shake, 1 puff, 4 breaths

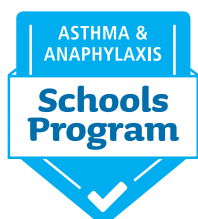
3. Wait 4 minutes

- If there is no improvement, give more puffs as in previous step

4. If there is still no improvement call emergency assistance



- Say 'ambulance' and that someone is having an asthma attack
- Keep giving 4 puffs every 4 minutes until emergency assistance arrives



Call **1800 278 462**
or visit **asthmatas.org.au**



Asthma
Foundation
of Tasmania