

Signs of an Asthma Emergency

Asthma attacks can build slowly over time or come on suddenly



- Minor difficulty breathing
- May have a cough or soft wheeze
- Able to talk in full sentences
- Able to walk/move around

Begin
Asthma
First Aid

Call an ambulance (dial 000) if and when the situation becomes severe



- Obvious difficulty breathing
- Cannot speak a full sentence in one breath
- May have cough or wheeze
- Sucking in of skin over ribs/throat (tracheal tug)
- Reliever medication not lasting as long as usual

LIFE THREATENING



- Gasping for breath, may no longer wheeze or cough
- May be confused or exhausted, distressed and panicky
- Pale/sweaty/blue lips
- Only able to speak a few words or can't talk at all
- No response to reliever medication

+ Asthma First Aid



1 Keep calm and sit up straight



2 Have 4 puffs of reliever inhaler

Use a spacer if possible, 1 puff at a time, taking 4 breaths after each puff



3 Wait 4 minutes

If there is no improvement, give 4 more separate puffs of reliever inhaler as above



4 Call ambulance (dial 000)

Keep giving 4 separate puffs every 4 minutes until the ambulance arrives

IMPORTANT: Not applicable to Bricanyl or SMART medication regimes. Speak to your GP or Asthma WA for further information.

