

Name:

Emergency Contact Details:

Name:

Relationship:

Phone 1:

Phone 2:

Plan Date

Review Date

Doctor Details:

.....



EMERGENCY is any of these...

- blue/grey reliever not lasting 3 hours
- can't speak a full sentence
- extreme difficulty breathing
- feel asthma is out of control
- lips turning blue

My words that describe how I feel when in EMERGENCY



FLARE-UP is any of these...

- needing blue/grey reliever more than 2 days/week
- woke up at least once over night with asthma
- had asthma when I woke up

My words that describe how I feel when in FLARE-UP



CONTROL is all of these...

- needing blue/grey reliever no more than 2 days/week
- can do all my activities
- no asthma at night
- no asthma when I wake up

My words that describe how I feel when in CONTROL

MY DAILY MEDICINES

TAKE

Preventer _____ puffs day ☀️ & puffs night 🌙

Other _____

Use your preventer, even when in control

TAKE blue/grey reliever _____ puffs as needed

15 minutes before exercise _____ puffs

Always carry your blue/grey reliever

I NEED TO...

TAKE

Preventer _____ puffs day ☀️ & puffs night 🌙
for days and then go back to CONTROL dose

Other _____

TAKE blue/grey reliever _____ puffs _____

START Prednisone _____ for days

MAKE an appointment to see my Doctor

CALL AMBULANCE NOW

START ASTHMA FIRST AID



Used Asthma First Aid?
Book a review with my Doctor.

Asthma First Aid

1 Sit the person upright

- Be calm and reassuring
- Do not leave them alone



2 Give 4 separate puffs of blue/grey reliever puffer

- **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**

OR Give 2 separate doses of a Bricanyl inhaler (age 6 & over) or a Symbicort inhaler (over 12).



3 Wait 4 minutes

- If there is no improvement, give **4 more separate puffs of blue/grey reliever** as above

(OR give 1 more dose of Bricanyl or Symbicort inhaler.)



4 If there is still no improvement call emergency assistance (DIAL 000)

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

(OR 1 dose of Bricanyl or Symbicort every 4 minutes — up to 3 more doses of Symbicort).



Call emergency assistance immediately (DIAL 000)

- If the person is not breathing
- If the person's asthma suddenly becomes worse, or is not improving
- If the person is having an asthma attack and a reliever is not available
- If you are not sure if it's asthma
- If the person is known to have Anaphylaxis - follow their Anaphylaxis Action Plan, then give Asthma First Aid.

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



Asthma Australia

Contact your local Asthma Foundation

1800 ASTHMA (1800 278 462) asthmaaustralia.org.au

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