

# ASTHMA FIRST AID

ADOLESCENT  
AND ADULT  
12 YEARS +

## Assess



### SEVERE SYMPTOMS

Distressed, gasping for breath, difficulty speaking two words, blueness around the mouth.

**If the person has severe asthma or is frightened, dial 111 for an ambulance immediately.**

### MODERATE SYMPTOMS

Loud wheeze, breathing difficulty, can only speak in short sentences.

### MILD SYMPTOMS

Short of breath, wheeze, cough, chest tightness.

## Sit

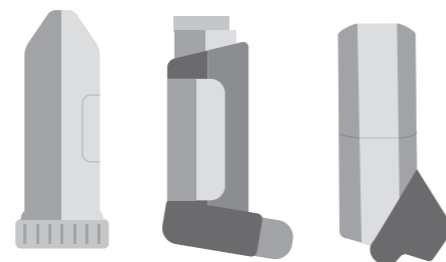


Sit the person upright.

Be calm and reassuring.

Stay with them.

## Treat

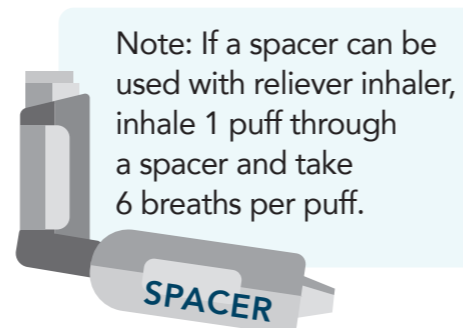


### MODERATE OR SEVERE

Give **ONE** dose at a time of a **RELIEVER** inhaler.\* Repeat if necessary, up to **6** times. Move onto next step...

### MILD

Give **ONE** dose at a time of a **RELIEVER** inhaler.\* Repeat if necessary. (Once free of symptoms, monitor until all OK)



Note: If a spacer can be used with reliever inhaler, inhale 1 puff through a spacer and take 6 breaths per puff.

## Help



**If not improving, dial 111 for an ambulance immediately.**

Continue to use the RELIEVER inhaler every few minutes until the ambulance arrives.

## Monitor



If improving, keep monitoring.

If not improving, repeat dose of RELIEVER inhaler every few minutes until emergency assistance arrives.

## All OK!



When free of wheeze, cough or breathlessness, return to a quiet activity.

If symptoms recur, repeat treatment and rest.

**Remember:**  
**Always see your healthcare practitioner after an asthma attack.**

\*Examples of a RELIEVER inhaler are: Symbicort™, Vannair™, DuoResp Spiromax™, Ventolin™, SalAir™, Bricanyl™

Although all care has been taken in creating this asthma first aid chart, it is not intended to be a substitute for individual medical advice/treatment. The Asthma and Respiratory Foundation NZ advises you to always seek the advice of your physician or other healthcare professional involved in providing your treatment, should an asthma emergency occur.

[asthmaandrespiratory.org.nz](http://asthmaandrespiratory.org.nz)