

ASTHMA FIRST AID PLAN

1. Sit the child down and remain calm to reassure the child. DO NOT leave the child alone.
2. Shake a blue reliever puffer and give 4 separate puffs through spacer.
3. Wait for 4 minutes. If there is no improvement, give another 4 separate puffs as per step 2.
4. Wait for 4 minutes. If there is no improvement, call an ambulance on 000 and state that 'a child is having an asthma attack'.
5. Continuously repeat steps 2 and 3 whilst waiting for the ambulance to arrive

If at any time the child's condition suddenly worsens, call an ambulance (000) immediately.

Notes:

Reliever puffers may include: Ventolin, Airomir, Asmol or Epaq

Spacer technique:

Give 1 puff, take 4 breaths from the spacer, repeat until 4 puffs have been given