

FIRST-AID RESPONSE PLAN ASTHMA ATTACK

SIGNS & SYMPTOMS (not all may be present):

- Cough
- Wheeze
- Shortness of breath
- Chest tightness
- Too breathless to finish a sentence
- Too breathless to walk, sleep or eat
- Lips turning blue

HOW YOU CAN HELP:

- **If you require assistance, ask a student/ bystander to go to the front desk to call for a first-aider**
- **Do not leave the person alone until help arrives**
- **Ask bystanders/ students to leave the area**

Your aim during an asthma attack is to ease the breathing and if necessary get medical help.

You need to keep the person calm and reassure them;

- If the person has a blue reliever inhaler/ inhaler then encourage him/her to use it. It should relieve the attack within a few minutes
- Encourage the person to breathe slowly and deeply
- Encourage the person to sit in a position that he/she finds most comfortable. Do not lie him/her down
- A mild asthma attack should ease within a few minutes of using the inhaler. If it doesn't then assist the person in the use of his/her inhaler (one or two puffs) every two minutes until he/she has had 10 puffs
- Monitor his/her vital signs - breathing, level of response and pulse

Caution:

If the attack is severe, the inhaler is having no effect or the attack appears to be getting worse dial 999 or 112 for Emergency Services (note: you may need to dial '0' to get an outside line if using a DIT landline)

If the person becomes unconscious open the airway and check breathing and be prepared to **begin chest compressions and rescue breaths (CPR)**.

If you are a trained first-aider follow training procedures.