

USE BLUE/GREY PUFFER (E.G. ASMOL, VENTOLIN, ZEMPREON)

Use child's own reliever puffer, if possible. If not, use blue/grey puffer from first aid kit or borrow one.

- 1** **Sit the child comfortably upright.**
Stay calm and reassure them.
- 2** **Give 4 puffs of blue/grey puffer**
How to do this:
Add 1 puff into spacer – child takes 4 breaths in and out of spacer.
Repeat until 4 puffs have been given.
See instructions below: **How to use a blue/grey puffer with spacer**
- 3** **Wait 4 minutes.** Stay with child – watch carefully and reassure them. Call 000 for an ambulance **at any time** if you need to. Say that a child is having an asthma attack.
- 4** **After 4 minutes.**

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| <p>Worse or no better? If getting worse or severe breathing problem, call 000 for ambulance NOW. Keep giving 4 puffs every 4 minutes until ambulance arrives. (Give 4 separate puffs, 4 breaths with each puff.)</p> | <p>Still hard to breathe? If the child still cannot breathe normally, give 4 more puffs. If still cannot breathe normally within a few minutes, call 000. Keep giving 4 puffs every 4 minutes until ambulance arrives. (Give 4 separate puffs, 4 breaths with each puff.)</p> | <p>Breathing normally? If the child feels better and is breathing normally, get them to a doctor for a check-up.</p> |
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Signs of an asthma attack in a child (any of these): Sudden shortness of breath, cough, chest tightness or wheezing.

Not sure it's asthma?

If child stays conscious and main problem seems to be breathing use **blue/grey puffer**. It is unlikely to harm them, even if not asthma.

CALL AMBULANCE (000)

Severe allergic reactions/ anaphylaxis

If child is allergic to foods, insect stings or medicines **AND** has sudden breathing problems (e.g. cough, wheeze, hoarse voice): Give adrenaline injection first. Use their own autoinjector (e.g. EpiPen, Anapen) if available. Do this even if no other signs of allergic reaction. **Then** give blue/grey puffer by following the 4 steps shown here.

CALL AMBULANCE (000)

If someone is unconscious, start life support. Scan code for ANZCOR Basic Life Support Flowchart

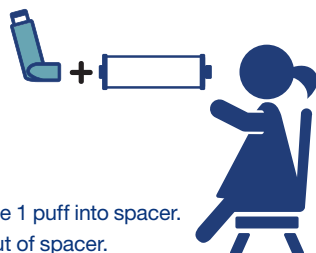


If you need an interpreter, call 131 450

HOW TO USE A BLUE/GREY PUFFER WITH SPACER

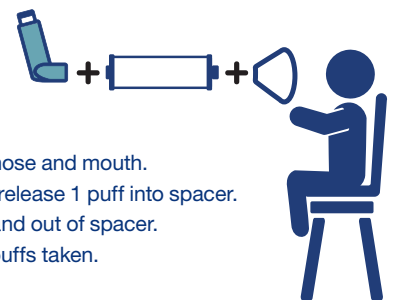
WITHOUT MASK (older children)

- Remove puffer cap and shake puffer.
- Insert puffer upright into spacer.
- Put mouthpiece of spacer between child's teeth and seal lips around it.
- Press once firmly on puffer to release 1 puff into spacer.
- Get child to take 4 breaths in and out of spacer.
- Repeat, 1 puff at a time till 4 puffs taken.
- Replace cap on puffer.



WITH MASK (younger children)

- Remove puffer cap and shake puffer.
- Insert puffer upright into spacer.
- Attach mask to spacer.
- Hold mask firmly over child's nose and mouth.
- Press once firmly on puffer to release 1 puff into spacer.
- Get child to take 4 breaths in and out of spacer.
- Repeat, 1 puff at a time, till 4 puffs taken.
- Replace cap on puffer.



! No spacer?

Use a plastic drink bottle or rolled-up paper
Go to nationalasthma.org.au or scan code



! No blue/grey asthma puffer is available and the person's own asthma reliever inhaler is not blue/grey?

Go to nationalasthma.org.au or scan code

Allergic Reactions

SIGNS OF ALLERGIC REACTION: Can include swelling of lips/face/eyes, tingling mouth, hives/welts, (abdominal pain/vomiting if insect allergy)

WATCH FOR ANY OF THESE SIGNS OF ANAPHYLAXIS (severe reaction): Difficult/noisy breathing, swelling of tongue, swelling or tightness in throat, wheeze, persistent cough, difficulty talking, hoarse voice, persistent dizziness or collapse, pale and floppy (young children)

ALWAYS GIVE ADRENALINE INJECTOR FIRST, and then asthma reliever puffer if someone with known asthma and allergy to food, insects or medication has **SUDDEN BREATHING DIFFICULTY** (including wheeze, persistent cough or hoarse voice), even if there are no skin symptoms.

When to call 000 for an ambulance

- Child is drowsy
- Child looks blue around lips
- Child with breathing problem has allergies to foods, insect stings, or medicines
- Breathing problem is severe
- Child is not getting better
- You are not sure what to do