

**ST JOSEPH'S ADELONG**  
**ASTHMA ACTION PLAN**

Date: \_\_\_\_ / \_\_\_\_ / \_\_\_\_

Student's Full Name: \_\_\_\_\_

Year: \_\_\_\_\_

**My child as above has been diagnosed with Asthma.**

He/she uses a 'blue' reliever puffer (please tick).

- Rarely
- Occasional
- Frequently (most days)

My child carries his/her puffer in:

\_\_\_\_\_ (eg: in school back pack).

Usual asthma signs (please tick):

- Cough
- Wheeze
- Difficulty breathing
- Other: (please describe) \_\_\_\_\_

Known triggers for asthma: (please detail eg: sport, weather, colds/flu)

\_\_\_\_\_  
\_\_\_\_\_

I am aware in an emergency staff will follow the Asthma First Aid plan as detailed overleaf.

\_\_\_\_\_  
**Signed - Parent/Guardian**

# 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](http://asthmaaustralia.org.au)

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