

## ACTION FOR A MILD TO MODERATE ASTHMA FLARE-UP

**Be calm and reassuring, if possible, get someone to help you**

**STEP 1:** Place the child in a seated upright position

**STEP 2:** Give 4 separate puffs of a blue reliever puffer (e.g. Ventolin®, Asmol®, Airomir®), preferably with a spacer device, and shake puffer before each puff.

**STEP 3:** Wait 4 minutes. If symptoms have not improved and child still cannot breathe normally, give another 4 puffs of the blue reliever puffer as in STEP 2.

**STEP 4:** If symptoms continue and there is little or no improvement in the child's breathing, **CALL AN AMBULANCE – DIAL 000** and continue to give 4 separate puffs of blue reliever puffer every 4 minutes until the ambulance arrives.

## ACTION FOR A SEVERE OR LIFE THREATENING ASTHMA FLARE-UP

**Place child in a seated upright position, be calm and reassuring. If possible, get someone to help you**

**CALL AN AMBULANCE – DIAL 000**

**Give 4 separate puffs of a blue reliever puffer (e.g. Ventolin®, Asmol®, Airomir®), preferably with a spacer device, every 4 minutes until the ambulance arrives. Shake puffer before each puff.**

**^NOTE:** If child with known anaphylaxis to food/s, insects or medication/s has SUDDEN BREATHING DIFFICULTY (including wheeze, persistent cough or hoarse voice) even if there are no skin symptoms ALWAYS give adrenaline autoinjector FIRST, if available, then asthma reliever puffer

**See over for signs and symptoms of a mild, moderate, or severe/life threatening asthma flare-up, and instructions for using a puffer with a spacer device**

\*Action for a mild, moderate, severe, or life threatening asthma flare-up adapted from the National Asthma Council Australia Kids' First Aid for Asthma <https://www.nationalasthma.org.au/asthma-first-aid>  
^Acknowledgement: Australasian Society of Immunology and Allergy

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### SIGNS OF A MILD TO MODERATE ASTHMA FLARE-UP may include:

- |   |  |
|---|--|
| <ul style="list-style-type: none"> <li>• Mild or moderate difficulty in breathing</li> <li>• Wheezing (high pitched whistling sound, generally heard when breathing out)</li> </ul> | <ul style="list-style-type: none"> <li>• Dry and irritable cough</li> <li>• Chest tightness (young child may complain of sore chest)</li> <li>• Still able to talk mainly in full sentences</li> </ul> |
|---|--|

### SIGNS OF A SEVERE OR LIFE THREATENING ASTHMA FLARE-UP may include:

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|--|--|
| <ul style="list-style-type: none"> <li>• Extreme difficulty in breathing – unable to talk freely or talk at all</li> <li>• Sucking in at the base of the throat / caving in of the rib cage</li> </ul> | <ul style="list-style-type: none"> <li>• Bluish tinge to the lips/pale/sweaty</li> <li>• Distressed, anxious, exhausted, confused, drowsy</li> </ul> |
|--|--|

### INSTRUCTIONS FOR USING A PUFFER WITH A SPACER DEVICE

|   |  |  |
|---|--|--|
| <p><b>1</b> Remove cap, shake puffer well and insert into spacer.</p>  | <p><b>2</b> Place mouthpiece of spacer between teeth, closing lips to form a seal. Push down on top of puffer to release 1 puff of medicine into spacer.</p>  | <p><b>3</b> Take 4 normal breaths in and out through spacer. For each additional puff of medicine shake puffer and repeat steps 2 &amp; 3.</p>  |
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### See over for Asthma First Aid Action for a Mild, Moderate, Severe, or Life Threatening Asthma Flare-Up

The Asthma First Aid Kit – Acute Asthma Flare-Up Signs, and Action card has been developed by Sydney Children's Hospital, Randwick, Aiming for Asthma Improvement in Children Program and is to be used in its entirety without alteration by authorised personnel only. **Disclaimer: The information contained in this document has been developed from current evidence based practice. It does not replace individual medical advice or treatment.** 2018. Review 2019.. Contact: [SCHN-SCH-AAIC@health.nsw.gov.au](mailto:SCHN-SCH-AAIC@health.nsw.gov.au)






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