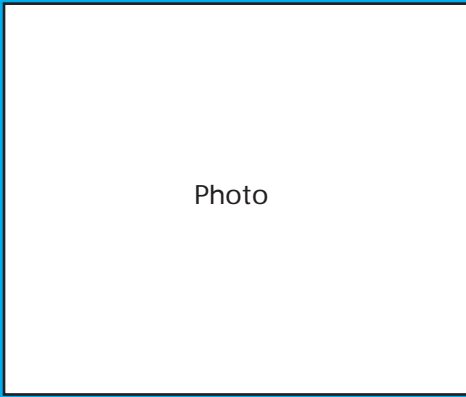


Asthma Action Plan



Asthma



Name: _____
Date of birth: _____
Confirmed Triggers

Child can self administer if well enough.

Child needs to pre-medicate prior to exercise.

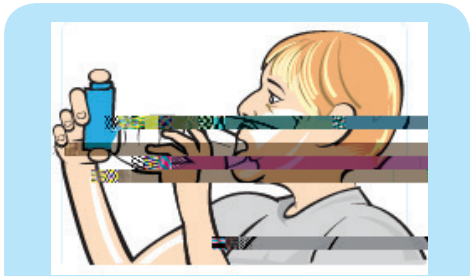
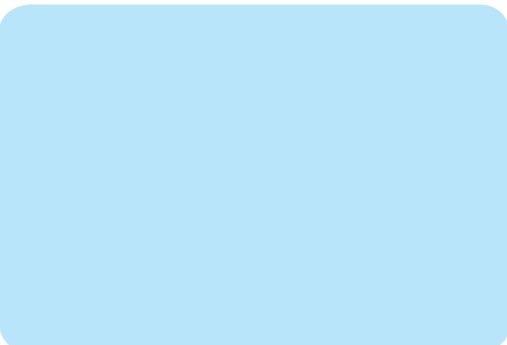
Face mask needed with spacer

9. Sudden Breathing Difficulty 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.
Adrenaline autoinjector prescribed: Y N Type of adrenaline autoinjector: _____

ASTHMA FIRST AID

1. Sit the person upright
 - Stay with the person and be calm and reassuring
2. Give _____ separate puffs of Airomir, Asmol or Ventolin
 - Shake puffer before each puff
 - Put 1 puff into the spacer at a time
 - Take 4 breaths from spacer between each puff
- Wait 4 minutes
 - If there is no improvement, repeat step 2
4. If there is still no improvement call emergency assistance if there is still no improvement

Emergency Contact Name: _____
Work Ph: _____
Home Ph: _____
Mobile Ph: _____



- Assemble Spacer
- Remove cap from puffer
- Shake puffer well
- Attach puffer to end of spacer
- Place mouthpiece of spacer in mouth and ensure lips seal around it
- Breathe out gently into the spacer
- Press down on puffer canister once to fire medication into spacer
- Breathe in and out normally for 4