

ASTHMA ACTION PLAN

Dated / / 2015

Student's Full Name: _____

Year _____ (ie: 5/6V)

My child above has been diagnosed with Asthma.

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

- Rarely
- Occasional
- Frequently (most days)
- My child carries his/hers puffer in:

_____ *(please be specific ie: in her school back-pack).*

- My child keeps his/her puffer at school in the First Aid Room *(clearly labelled).*

Usual asthma signs (please tick) :

- Cough
- Wheeze
- Difficulty breathing

Other: (please describe) _____

Known triggers for asthma: (please detail eg: sport, asthma, 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 puffs of blue reliever puffer medication

- Use a spacer if there is one
 - **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**



3 Wait 4 minutes

- If there is no improvement, give **4 more puffs** as above



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 puffs** every **4 minutes** until emergency assistance arrives



*If calling Triple Zero (000) does not work on your mobile phone, try 112

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 puffer is not available
- If you are not sure if it's asthma

Blue reliever medication is unlikely to harm, even if the person does not have asthma



To find out more contact your local Asthma Foundation
1800 645 130 | asthmaaustralia.org.au

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