



Asthma warning

Be aware of the early danger signs of asthma attacks and seek medical attention if the condition does not respond to prescribed medication.



For all medical emergencies dial 000 immediately and ask for Ambulance

RECOGNISING THE DANGER SIGNS

People with asthma should follow their asthma action plan and seek help urgently by dialling 000 if their asthma does not respond to medication.

Some people may wait too long before calling for an ambulance. It is not uncommon to be called to people who have stopped breathing as a result of asthma.

MANAGING AN ASTHMA ATTACK

- > Position the person so that they are sitting upright.
- > Loosen the clothing around their neck and chest.
- > Assist the person to take their prescribed reliever medication as per their asthma action plan.
- > If there is no relief from medication or the asthma attack is severe, call 000 immediately and ask for Ambulance.
- > Be aware of asthma triggers such as dust, pet fur, allergies, exercise, smoke, stress and weather conditions.

FURTHER INFORMATION

For free information and advice call the National Asthma Council of Australia Advice Line on 1800 032 495.

FIRST AID COURSES

The Ambulance Service of New South Wales encourages everyone to learn first aid. This can give you the confidence to assist when someone is injured or ill. To enrol in a first aid course contact an accredited provider listed with the Workcover Authority.

For further information please contact: