



# 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 Triple Zero (000) immediately and ask for Ambulance**

## RECOGNISING THE DANGER SIGNS

People with asthma should follow their asthma action plan and seek help urgently if an asthma attack is more than mild.

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.

If a person has signs of severe asthma ie the person cannot talk in sentences, is gasping for breath or has severe chest tightness call Triple Zero (000) immediately.

## 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 dial Triple Zero (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 Asthma Information Line on 1800 645 130.

## 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: