

FIRST AID FOR ASTHMA

**How to give first aid using combination inhalers with formoterol
(Symbicort, DuoResp, BiResp, Fostair)**

1 Sit the person comfortably upright. Stay calm and reassure them.

Use one of these inhalers if this is the person's usual reliever
– turn over for more information.

**Symbicort
Rapihaler 50/3 or
100/3 (12+ years)**



**Symbicort Turbuhaler
100 or 200
(12+ years)**



**Fostair
(18+ years)**



**DuoResp
Spiromax
(18+ years)**



**BiResp
Spiromax
(18+ years)**



2 Give 4 separate puffs, 1 at a time

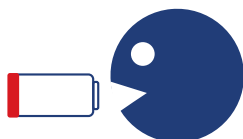
Give 2 separate inhalations, 1 at a time

See below for how to do this with each different type of inhaler

3 Wait 4 minutes. Stay with person – watch carefully and reassure them. Call 000 for an ambulance at any time if you need to. Say that someone is having an asthma attack.

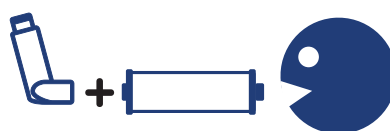
4 If no better or still not breathing normally: Give 2 more inhalations (or 4 for Symbicort Rapihaler), 1 at a time. Keep repeating 2 separate inhalations (or 4 for Symbicort Rapihaler) every 4 minutes if the person cannot breathe normally. If the person still cannot breathe normally, call 000 for ambulance. If the person is breathing normally, get them to a doctor for a check-up.

⚠ Don't wait 4 minutes if symptoms are severe – keep repeating every few minutes while waiting for the ambulance.



How to give Symbicort Turbuhaler (do not shake):

1. Unscrew cover and remove.
2. Hold inhaler upright. Grasp red base with other hand. Twist around, then back until it clicks.
3. Ask the person to breathe out, away from inhaler.
4. Put mouthpiece between the person's teeth and seal lips around it.
5. Ask the person to take a **big strong breath** in.
6. Take the inhaler out of the mouth. Ask the person to breathe out slowly, away from the inhaler.
7. To repeat, twist the grip both ways each time.
8. Replace cover.

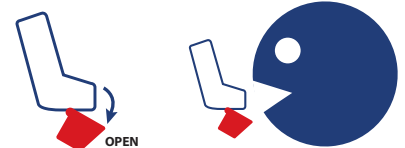


How to give Fostair (do not shake) and Symbicort Rapihaler (shake before use):

1. Remove inhaler cap.
2. Insert inhaler upright into spacer.
3. Put mouthpiece of spacer between person's teeth and seal lips around it.
4. Press once firmly on inhaler to release one puff into spacer.
5. Ask them to take 4 breaths in and out of spacer.
6. Repeat to give one more puff of Fostair or 3 more puffs of Symbicort Rapihaler.
7. Replace cap on inhaler.



**Scan for
how to videos**



How to give DuoResp Spiromax and BiResp Spiromax (do not shake):

1. Hold upright with mouthpiece cover at the bottom.
2. Open mouthpiece cover downwards until it clicks.
3. Ask the person to breathe out, away from inhaler.
4. Put mouthpiece between the person's teeth and seal lips around it. (Do not cover air vents.)
5. Ask the person to take a **big strong breath** in.
6. Take the inhaler out of the mouth. Ask the person to breathe out slowly, away from the inhaler.
7. Close mouthpiece cover.
8. To repeat, click mouthpiece cover down each time.

After the asthma attack: When the person is breathing normally, get them to a doctor for a check-up.

FIRST AID FOR ASTHMA

How to give first aid using combination inhalers with formoterol (Symbicort, DuoResp, BiResp, Fostair)

During normal usage, people using combination inhalers with formoterol (Symbicort, DuoResp, BiResp, Fostair) as their reliever usually don't need more than 1 or 2 doses for asthma symptom relief in a day, but they should increase the reliever doses when symptoms increase.

Symbicort Turbuhaler, DuoResp Spiromax, BiResp Spiromax: For normal usage, it is not recommended to take more than 6 doses at one time, or more than 12 in one day.

Fostair: For normal usage, it is not recommended to take more than 6 doses at one time, or more than 8 in one day.

Symbicort Rapihaler 50/3 and 100/3: For normal usage, it is not recommended to take more than 12 doses at one time, or more than 24 in one day.

The reliever in these inhalers is formoterol. Formoterol doses for asthma in emergency departments are higher than the doses used for day-to-day symptoms.¹

If the person does not have one of the inhalers shown on the other side, use a blue/grey inhaler. Use the person's own inhaler, an inhaler from a first aid kit, or borrow one.

How to use blue/grey inhaler: [click here](#) or scan the code



SIGNS THAT SOMEONE IS HAVING AN ASTHMA ATTACK

Sudden shortness of breath, can't talk normally, cough, chest tightness or wheezing.

Not sure it's asthma?

If a person stays conscious and their main problem seems to be breathing, use their reliever inhaler and call ambulance on 000. This medicine is unlikely to harm them even if they do not have asthma.

Severe allergic reactions/anaphylaxis

If someone is allergic to foods, insect stings or medicines **AND** they have sudden breathing problems (e.g. cough, wheeze, hoarse voice):

- Give adrenaline **first**. Use their own autoinjector (e.g. EpiPen, Anapen) if available.
- Do this even if there are no other signs of an allergic reaction – see below.
- **Then** give asthma reliever by following the 4 steps shown here.
- **Call ambulance 000**

If someone is unconscious, start life support

Scan code for ANZCOR basic life support flowchart

If you need an interpreter, call 131 450



Allergic Reactions

SIGNS OF ALLERGIC REACTION: Can include swelling of lips/face/eyes, tingling mouth, hives/welts, (abdominal pain/vomiting if insect allergy)

WATCH FOR ANY OF THESE SIGNS OF ANAPHYLAXIS (severe reaction):

Difficult/noisy breathing, swelling of tongue, swelling or tightness in throat, wheeze, persistent cough, difficulty talking, hoarse voice, persistent dizziness or collapse, pale and floppy (young children)

ALWAYS GIVE ADRENALINE INJECTOR FIRST, and then asthma reliever puffer 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.

When to call 000 for an ambulance

- Person is drowsy
- Person looks blue around lips
- Person with breathing problem has allergies to foods, insect stings, or medicines
- Breathing problem is severe
- Person is not getting better
- You are not sure what to do