

Victoria	
Name:	
Date of birth:	MILD TO MODERATE SIGNS
	 Minor difficulty breathing May have a cough May have a wheeze
Photo	ACTION FOR MILD TO MODERATE ASTHMA FLARE UP
Child can self administer medication if well enough. Child needs to pre-medicate prior to exercise	Sit the person upright. • Stay with person and be calm and reassuring Giveseparate puffs of Airomir, Asmol or Ventolin • Shake puffer before each puff • Get the person to hold their breath for about 5 seconds or as long as comfortably possible Wait 4 minutes. • If there is no improvement, repeat step 2
Confirmed triggers:	o od a o o o
Family/emergency contact name(s):	
Work Ph: Home Ph: Mobile Ph: Plan prepared by Dr or NP: I hereby authorise medications specified on this plan to be administered according to the plan.	 Cannot speak a full sentence Sitting hunched forward Tugging in of skin over chest or throat May have a cough or wheeze Obvious difficulty breathing Lethargic LIFE-THREATENING SIGN Unable to speak or 1-2 words Collapsed / Exhausted Gasping for breath May no longer have a cough or wheeze Drowsy/ Confused / Unconscious Skin discolouration (blue lips)
Signed:	Sore tummy (young children)
Date:	ACTION FOR SEVERE / LIFE-THREATENING ASTHMA ATTAC
Remove cap from puffer and shake well Remove cap from puffer and shake well Tilt the chin upward to open the airways, breath out away from puffer Place mouthpiece, between the teeth, and create a seal with lips Press once firmly on puffer while breathing in slowly and deeply	a Airomir, Asmol or Ventolin Shake puffer before each puff Get the person to hold their breath for about 5 seconds or as long as comfortably possible Blue reliever medication is unlikely to harm, even if the person does not have asthma.
Slip puffer out of mouth Hold breath for 5 seconds or as long as comfortable	Give adrenaline autoinjector FIRST, then asthma reliever. If someone with known food or insect allergy suddenly develops severe asthma like symptoms, give adrenaline autoinjector FIRST, then acthma reliever.

Anaphylaxis: Y $\ \square$ N $\ \square$ Type of autoinjector: $\ _$