



Salbutamol First Aid



1.
Sit the person upright. Be calm and reassuring.
Do not leave them alone.

2.
Give 6 puffs of reliever medication. 1 puff at a time
to 6 breaths. Shake inhaler between each puff.

3.
Wait 6 minutes.

4.
Repeat steps 1-3

5.
If there is no improvement after the 2nd lot of reliever,
dial 111 for an ambulance and keep giving 6 puffs every 6
minutes until help arrives.

Symbicort First Aid



1.
Sit the person upright. Be calm and reassuring.
Do not leave them alone.

2.
Give 1 actuation (puff) at a time, 1-2 minutes apart.

3.
If there is no improvement after 4 actuations (<12yrs) or
6 actuations (>12yrs), dial 111 for an ambulance

4.
Keep using your symbicort inhaler as often as you need
until help arrives.

5.
Even if you seem to get better, seek medical
help right away.

581 Mt Eden Road, Auckland 1024
PO Box 67066, Mt Eden, Auckland 1349

reception@asthma.org.nz • 0800 227 328



ANSWERS TO ASTHMA

What is asthma?

Asthma is a long-term condition (meaning it is present all the time), affecting the airways in our lungs. Our lungs and airways are crucial for breathing as they supply oxygen to the body and remove carbon dioxide (a waste product).

Asthma can be caused by both genetics and the environment. It is closely related to hay fever and eczema. People with a family history of atopy have an increased risk of developing asthma. Asthma can develop in any person, at any age, from infancy to older adulthood.

What happens in the lungs?

The airways in a person who has asthma are over-sensitive and irritated easily by triggers (you may have one or many).

- Respiratory illness
- Exercise
- Pets – cats and dogs
- Cigarette smoking or vaping (including second hand)
- Some medications such as ibuprofen
- Weather changes
- Dust mites
- Pollens
- Stress and anxiety
- Perfumes/deodorants/cleaning products
- Mould

The irritation from these triggers causes an immune response inside the airways and causes them to become inflamed (swelling), produce excess mucous and cause muscle tightening around the airways. This airway tightening is called bronchoconstriction. These processes lead to narrowing of the inside of the airway which can cause any or all of the following symptoms. Asthma symptoms can come and go and sometimes it is unclear what has caused them.

Shortness of breath/difficulty breathing

Breathing can be fast and shallow and it will feel like there is not enough air getting to the lungs

Cough

Can be 'dry' (due to twitching muscles on the outside of the airways) or 'wet' (due to excess mucous production inside the airways). Cough can occur at any time but is common at night and after exercise

Wheeze

A high-pitched whistling noise, usually heard when breathing out

Tight chest

The chest feels tight and is unable to expand fully when breathing. Some children describe this as a 'sore' tummy

Symptoms can come and go

Symptoms of asthma vary from person to person and day to day. One day, you can feel great and the next you may feel short of breath with playing sport. Symptoms can be mild to severe. In some people, asthma symptoms are so severe that they have an asthma attack and need to go to hospital.

It's important you understand as much about asthma as possible as this will help you to better manage your condition.

Did you know that 80% of people with asthma do not know how to use their inhalers correctly?

Although there is no cure for asthma, people with this condition can live long and healthy lives doing what they love, whether that is representing New Zealand in rugby or netball, singing in a choir or hiking (and everything in between) and still experience well controlled asthma. To achieve this, the airways in our lungs need to be as open as possible.

Here are some tips for managing asthma

