**Emergency Care/Response Plan for Asthma**

**Symptoms Include:**
- Coughing
- Tight feeling in chest
- Wheezing
- Shortness of breath
- Struggling to breathe

**Common Triggers:**
- Allergy Triggers e.g. dust mites, pollens, pets, mould
- Cigarette Smoke
- Viral Infections e.g. colds/flu
- Weather
- Work-relates triggers e.g. wood dust, chemicals
- Some medicines
- Exercise

**HOW TO USE INHALER**

**WITH SPACER**
(Use spacer if available*)

- **Assemble spacer (attach mask if under 4)**
- Remove puffer cap and shake well
- Insert puffer upright into spacer
- Place mouthpiece between child’s teeth and seal lips around it OR place mask over child’s mouth and nose forming a good seal
- **Press once firmly** on puffer to fire one puff into spacer
- **Child takes 4–6 breaths** in and out of spacer
- **Repeat** 1 puff at a time until 4 puffs taken – remember to shake the puffer before each puff
- **Replace cap**

**WITHOUT SPACER**

- **Kids over 7 if no spacer**
  - **Remove cap and shake well**
  - Get child to **breathe out** away from puffer
  - Place mouthpiece between child’s teeth and seal lips around it
  - Ask child to take slow deep breath
  - **Press once firmly** on puffer while child breathes in
  - Get child to hold breath for at least 4 seconds, then breathe out slowly away from puffer
  - **Repeat** 1 puff at a time until 4 puffs taken – remember to shake the puffer before each puff
  - **Replace cap**

*If spacer not available for child under 7, cup child’s/helper’s hands around child’s nose and mouth to form a good seal. Fire puffer through hands into air pocket. Follow steps with WITHOUT SPACER.

**Give 2 separate doses of a Bricanyl inhaler**
If a puffer is not available, you can use Bricanyl for children aged 6 years and over, even if the child does not normally use this.

**Wait 4 minutes.**
If the child still cannot breathe normally, give 1 more dose.

**If child a still cannot breathe normally, CALL AN AMBULANCE IMMEDIATELY (DIAL 000)**
Say that a child is having an asthma attack.

**Keep giving reliever**
Give one dose every 4 minutes until ambulance arrives.

**BRICANYL**
For children 6 and over only

- **Unscrew cover and remove**
- **Hold inhaler upright and twist grip around then back**
- Get child to **breathe out** away from inhaler
- Place mouthpiece between child’s teeth and seal lips around it
- Ask child to take a **big strong breath in**
- Ask child to breathe out **slowly away from inhaler**
- **Repeat** to take a second dose – remember to twist the grip both ways to reload before each dose
- **Replace cover**

**Severe Allergic Reactions**

**CALL AN AMBULANCE IMMEDIATELY (DIAL 000)**
Follow the child’s Action Plan for Anaphylaxis if available.

If you know the child has severe allergies and seems to be having a severe allergic reaction, use their autoinjector (e.g. EpiPen, Anapen) before giving asthma reliever medicine.