



## Newsletter Inserts

### **What should I do in an Asthma emergency?**

Everybody with asthma should have their own 'action plan', or you can follow the Asthma First Aid Plan. If their condition suddenly deteriorates or, if at any time you are concerned, call an ambulance immediately and proceed with the Asthma First Aid Plan.

#### **Asthma First Aid Plan**

1. Sit the person upright and give reassurance.
2. Without delay give 4 puffs of a blue Reliever puffer (Airomir, Asmol, Epaq or Ventolin)\*, one puff at a time, preferably through a spacer device\*\*. Ask the student to take 4 breaths from the spacer after each puff.
3. Wait 4 minutes.
4. If there is little or no improvement, repeat steps 2 and 3. If there is still little or no improvement, call an ambulance immediately (Dial 000). Continuously repeat steps 2 to 3 while waiting for the ambulance.

\* A Bricanyl Turbuhaler may be used in First Aid treatment if a puffer and spacer are unavailable.

\*\* Just use the puffer on its own if you don't have a spacer.

For more information about Asthma First Aid, please contact the Asthma Foundation of WA on (08) 9289 3600.

### **What is Exercise Induced Asthma?**

Exercise induced asthma (EIA) occurs when you play sport or do exercise. You may wheeze, cough, feel tight in the chest or feel short of breath.

EIA can be controlled so you can play sport or do exercise.

To prevent EIA firstly, make sure your day to day asthma is under control (check with your doctor) then when you exercise or play sport:

- Use your blue Reliever medication (VENTOLIN, ASMOL, AIROMIR, EPAQ OR BRICANYL) 5 to 10 minutes before you warm up (check with your doctor which inhaler is best for your asthma).
- Always warm up before any sport or exercise. A warm up consists of 10-15 minutes of light exercises and stretching.

For more information about EIA, please contact the Asthma Foundation of WA on (08) 9289 3600.



*...Helping People Breathe Better...*

#### **We're on our way!**

(school name) is adopting the Asthma Friendly School Guidelines to provide a safer environment for students with asthma. Becoming an Asthma Friendly School involves adopting a number of criteria which include:

- Asthma education provided for students
- All staff members receiving a professional asthma education session
- Asthma First Aid posters displayed in key locations within the school
- Accurate and up-to-date medical records kept on students with asthma
- Guidelines in place for managing asthma on school camps and excursions.

By adopting the Asthma Friendly Schools Program our school is not only helping those students with asthma, but will also minimise the impact of asthma on our school community. For more information about the guidelines or asthma, please contact (school name) or the Asthma Foundation of WA on (08) 9289 3600.

#### **Winter Asthma Warning**

With the onset of winter and cooler weather, many people find that their asthma seems to flare up. If you or a family member has asthma, you can do the following things to help manage your asthma, as we approach the coldest time of the year.

- See your doctor and have your asthma reviewed
- Ensure that you have an up to date Asthma Action Plan
- Make sure you carry your reliever medication at all times
- Continue to follow a healthy lifestyle – exercise and watch your diet.
- Stay warm
- Ensure that your home is heated uniformly throughout. A warm bedroom temperature certainly seems to reduce night cough and wheeze.
- Ensure you continue to comply with the treatment plan your doctor has devised for you

For more information about asthma, please contact the Asthma Foundation of WA on (08) 9289 3600.



#### **Smoking and Asthma don't mix**

Asthma can be triggered by many things and cigarette smoke with its 4000 harmful chemicals, is a major trigger.

If you have asthma here are some helpful hints to reduce you exposure to asthma:

- Don't smoke
- Make your home and car smoke free – put up some no smoking signs
- Avoid smoky environments
- Ask people not to smoke around you or your children

For more information about asthma and smoking, please contact The Asthma Foundation of WA on (08) 9289 3600.

#### **Is it asthma?**

Does your child have a wheeze, shortness of breath, cough or a tight chest:

- With a cold or chest infection
- Early in the morning or late at night
- During or after exercise
- When it is really cold
- If the temperature suddenly changes
- Near cats or other animals
- Around cigarette smoke
- Around pollens or moulds?

If your answer is 'yes' to any one of the above, it could be a sign that your child may have asthma. For more information please contact The Asthma Foundation of WA on (08) 9289 3600 or your GP.