

FACTSHEET

This fact sheet is for education purposes only. Please consult with your doctor or other health professionals to make sure this information is right for your child. If you would like to provide feedback on this fact sheet, please visit: www.schn.health.nsw.gov.au/parents-and-carers/fact-sheets/feedback-form.

Assessing The Severity of Your Child's Asthma Attack

When an asthma attack occurs, it is important to be able to assess the severity. Below is a checklist of asthma symptoms for **mild, moderate, and severe attacks**.

Mild	Moderate	Severe
Mild difficulty in breathing	Obvious difficulty in breathing, using stomach muscles to breathe, child may complain of a "sore tummy". Caving in and around rib cage	Great difficulty in breathing with short, quick breaths "Sucking In" at the throat and chest Very distressed and anxious Pale and sweaty May have blue lips
Soft wheeze	Loud wheeze	Often no wheeze
Dry cough	Persistent cough	Persistent cough
No difficulty speaking in sentences	Speaks in short sentences only	Speaks no more than a few words in one breath

Responding to Asthma Symptoms – Asthma First Aid

Follow your child's **Asthma Action Plan** if any of the above symptoms occur. If you do not have an **asthma action plan** for your child, follow the **Standard Asthma First Aid Plan**² listed below.

If you are concerned, have any doubts, or your child is experiencing SEVERE symptoms seek medical attention immediately: DIAL 000

The Standard Asthma First Aid Plan

Step 1: Sit the child upright and reassure. Do not leave the child alone.

Step 2: Give 4 separate puffs of a blue reliever puffer, Asmol, Ventolin, Airomir or Epaq, one puff at a time through a spacer, with 4 breaths in between each puff. Use the blue puffer on its own if a spacer is not available

Step 3: Wait four minutes

Step 4: If there is little or no improvement, repeat steps 2 and 3.

If there is still little or no improvement, call an ambulance - DIAL 000

Continue to repeat steps 2 and 3 until an ambulance arrives.