

MEDIA RELEASE

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Learn first aid for National Asthma Week

September 1st-7th marks National Asthma Week and St John (NSW) is encouraging people to learn first aid, so they know what to do in the event of an asthma attack. St John advises the following for dealing with an asthma attack:

If casualty is unconscious:

- Follow DRABCD, (Danger, Response, Airway, Breathing, CPR, Defibrillator)
- Call 000 for an ambulance

If casualty is conscious:

1. Make casualty comfortable:

- Help casualty into comfortable position – usually sitting upright and leaning forward
- Ensure adequate fresh air
- Tell casualty to take slow, deep breaths

2. Help with administration of casualty's medication:

- Give 4 puffs of a blue reliever inhaler – casualty takes a breath with each puff
- Use a spacer if available: give 4 puffs, one at a time – casualty takes 4 breaths after each puff
- Wait 4 minutes if no improvement, give another 4 puffs

3. If attack continues:

- Call 000 for an ambulance
- For a severe attack, until the ambulance arrives, keep giving:
 - Children 4 puffs every 4 minutes
 - Adults 6-8 puffs every 5 minutes

For more information on first aid training, please visit www.stjohnnsw.com.au or call 1300 360 455.

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