

**Asthma Policy and Guidelines**  
**Muhammadiyah Australia College**



Endorsed:	19/09/2021
Endorsed by:	Board of Directors
Next Review	19/09/2022



# MUHAMMADIYAH AUSTRALIA COLLEGE

ABN 67 626 804 877

1-3 Killarney Drive Melton VIC 3337

[www.macollege.com.au](http://www.macollege.com.au) [info@macollege.com.au](mailto:info@macollege.com.au)

## Table of Contents

<b>Policy</b>	<b>4</b>
Summary	4
Details	4
Asthma attack	5
Strategies	6
Communication	6
Emergency response plan	6
Individual Asthma Action Plans (for each student diagnosed with asthma)	6
Student Health Support Plan	7
Epidemic thunderstorm asthma	7
Annual asthma briefing for all staff	7
Reducing asthma triggers	8
Student asthma kit	8
Encourage participation in camps and special events	9
Managing Exercise Induced Bronchoconstriction	9
Staff training	10
General school staff training	10
Targeted school staff training	10
Asthma emergency kits	11
Contents	11
Regular checks	12
Cleaning requirements	12
Locations	13
Definitions	13
Related policies	13
<b>Guidance</b>	<b>14</b>
Treating an asthma attack	14
First time asthma attack	14
Puffer cleaning guide — after every use	15
Asthma – key information	16
Epidemic Thunderstorm Asthma	17
Medication	17
Reliever	18
Preventer	18
Combination preventer	18
Types of asthma attacks	19
Useful websites for further information	20
Appendix 1: STUDENT HEALTH SUPPORT PLAN	21
Appendix 2: Asthma Action Plan	30
Appendix 3: Confidential Medical Information Form for Excursions	32
Appendix 4: Asthma Update Form For Excursions	35
Appendix 5: Care Plan for School	36



# MUHAMMADIYAH AUSTRALIA COLLEGE

ABN 67 626 804 877

1-3 Killarney Drive Melton VIC 3337

[www.macollege.com.au](http://www.macollege.com.au) [info@macollege.com.au](mailto:info@macollege.com.au)

## Policy

This policy informs staff at Muhammadiyah Australia College about their responsibilities for supporting students with asthma.

### Summary

Muhammadiyah Australia College has responsibility to support students diagnosed with asthma by:

- having a local school level asthma policy
- having an Asthma Action Plan (Appendix 1) and Student Health Support Plan (Appendix 2) for each student diagnosed with asthma
- providing their staff with the appropriate level of training (see below for details) regarding asthma management
- providing and maintaining an asthma emergency kit with equipment to manage asthma emergencies.

Muhammadiyah Australia College should follow advice and warnings from the Department's Emergency Management Division associated with a potential thunderstorm asthma event.

### Details

For each student diagnosed with asthma, Muhammadiyah Australia College must have a written:

- Asthma Action Plan provided by the student's parents or carers
- Student Health Support Plan.

If any student enrolled at the school has been diagnosed with asthma, Muhammadiyah Australia College is required to have a local asthma policy that addresses:

- staff asthma awareness training
- asthma emergency kit content and maintenance
- medication storage
- management of confidential medical information.



# MUHAMMADIYAH AUSTRALIA COLLEGE

ABN 67 626 804 877

1-3 Killarney Drive Melton VIC 3337

[www.macollege.com.au](http://www.macollege.com.au) [info@macollege.com.au](mailto:info@macollege.com.au)

Muhammadiyah Australia College should also undertake the following actions:

- ensure that staff are provided with training to assess and manage an asthma emergency. Refer to the 'Staff training' section below for further information
- ensure those staff with a direct student wellbeing responsibility such as nurses, physical education or sport teachers, first aid and school staff attending camp have completed an accredited Emergency Asthma Management (EAM) course at least every 3 years
- follow advice and warnings from the Department associated with a potential thunderstorm asthma event
- provide and maintain an asthma emergency kit with the equipment required for managing an asthma attack.

## **Asthma attack**

**Important — if a student is experiencing an asthma attack.**

Immediately call **000** and ask for an ambulance and state a student is having an asthma attack if:

- the student is not breathing
- the student is having a severe or life threatening attack
- the student is having an asthma attack and a reliever is not available
- you are concerned
- at any time the student's condition suddenly worsens, or is not improving
- the student is known to have anaphylaxis — follow their Anaphylaxis Action Plan, then give asthma first aid.

Where a student is diagnosed with asthma, the student is required to bring their own prescribed reliever medication to school. This should be stored in their asthma kit with a copy of their Asthma Action Plan and their spacer.



# MUHAMMADIYAH AUSTRALIA COLLEGE

ABN 67 626 804 877

1-3 Killarney Drive Melton VIC 3337

www.macollege.com.au info@macollege.com.au

## Strategies

### Communication

Muhammadiyah Australia College should provide information to all col staff, students and parents or carers about asthma and the College's Asthma Policy.

[Asthma First Aid posters](#) are displayed in the following places:

- staff room
- sick room
- areas where asthma attacks are likely to occur or be treated.

Regularly communicate with the student's parents or carers about the student's asthma or any changes in health. In particular, the frequency and severity of the student's asthma symptoms and use of medication at school.

### Emergency response plan

The College develops an emergency response to a severe or life threatening asthma attack for all in-school and out-of-school activities.

### Individual Asthma Action Plans (for each student diagnosed with asthma)

Parents or carers must provide the College with an Asthma Action Plan completed by the student's medical practitioner. The plan must outline the student's known triggers and the emergency procedures to be taken in the event of an asthma flare-up or attack.

Parents or carers and the student's general practitioner (GP) should annually complete or review each student's Asthma Action Plan. The Asthma Action Plan should contain:

- the prescribed medication taken and when it is to be administered (for example, on a regular basis, as premedication to exercise or it if the student is experiencing symptoms)
- emergency contact details
- contact details of the student's medical or health practitioner



# MUHAMMADIYAH AUSTRALIA COLLEGE

ABN 67 626 804 877

1-3 Killarney Drive Melton VIC 3337

[www.macollege.com.au](http://www.macollege.com.au) [info@macollege.com.au](mailto:info@macollege.com.au)

- details about deteriorating asthma including signs to recognise worsening symptoms, what to do during an attack or medication to be used.

Note: visit [Asthma Australia](#) for the Asthma Action Plans for Victorian Schools.

## Student Health Support Plan

An individual plan for each student diagnosed with asthma, developed in consultation with the student's parents or carers. These plans include the Individual Asthma Action Plan.

The Student Health Support Plan includes details on how the school will provide support, identify specific strategies and allocate staff to assist the student.

## Epidemic thunderstorm asthma

Be prepared to follow advice from the Department, when the risk of epidemic thunderstorm asthma is forecast as high including:

- act on advice and warnings from the Department's Emergency Management Division associated with a potential thunderstorm asthma activity, and implement a communication strategy to inform the school community and parents or carers
- implement procedures to avoid exposure, such as staying indoors with windows and doors closed
- implement emergency response procedures and follow individual Asthma Action Plans as needed.

## Annual asthma briefing for all staff

Muhammadiyah Australia College conducts an annual asthma briefing at the beginning of the school year on:

- the college's asthma management policy
- [causes, symptoms and treatment of asthma](#)
- the identities of students diagnosed with asthma and where their medication is located
- how to use a puffer and spacer



# MUHAMMADIYAH AUSTRALIA COLLEGE

ABN 67 626 804 877

1-3 Killarney Drive Melton VIC 3337

[www.macollege.com.au](http://www.macollege.com.au) [info@macollege.com.au](mailto:info@macollege.com.au)

- the college's general first aid and emergency response procedures
- the location of, and access to, reliever medication that has been provided by parents or carers or the asthma emergency kits.

## Reducing asthma triggers

To reduce asthma triggers Muhammadiyah Australia College can:

- mow college grounds out of hours
- plant a low allergen garden
- limit dust, for example, having the carpets and curtains cleaned regularly and out of hours
- examine the cleaning products used in the school and their potential impact on students with asthma
- conduct maintenance that may require the use of chemicals, such as painting, during school holidays
- turn on fans, air conditioning and heaters out of hours when being used for the first time after a long period of non-use.

## Student asthma kit

Where an enrolled student is diagnosed with asthma, the child is required to bring their own prescribed reliever medication. This should be stored in their asthma kit with a copy of their Asthma Action Plan and their spacer.

The student's personal spacer should be washed monthly or cleaned as required:

- wash the spacer in warm soapy water
- do not rinse the spacer
- leave it to air dry
- wipe the mouthpiece before use.

The student's spacer should be replaced if contaminated with blood or vomit.



# MUHAMMADIYAH AUSTRALIA COLLEGE

ABN 67 626 804 877

1-3 Killarney Drive Melton VIC 3337

[www.macollege.com.au](http://www.macollege.com.au) [info@macollege.com.au](mailto:info@macollege.com.au)

## Encourage participation in camps and special events

Muhammadiyah Australia College will ensure:

- parents or carers provide enough medication (including preventer medication) for the student if they are going away overnight
- enough asthma emergency kits are available for the camp or excursion needs
- that parents or carers complete the Asthma Australia's School Camp and Excursion Medical Update Form (Appendix 3) and the Confidential Medical Form for Excursions (Appendix 4)

## Managing Exercise Induced Bronchoconstriction

If a student has Exercise Induced Bronchoconstriction (EIB), Muhammadiyah Australia College should ensure that they allow adequate time for the following procedures before, during and after exercise.

### Before:

- blue or blue-grey reliever medication to be taken by student 15 minutes before exercise or activity (if indicated on the students' Asthma Action Plan)
- student to undertake adequate warm up activity

### During:

- if symptoms occur, student to stop activity, take blue or blue-grey reliever medication, only return to activity if symptom free
- If symptoms reoccur, student to take blue or blue-grey reliever medication and cease activity for the rest of the day. This is known as 'two strikes and out'

### After:

- ensure cool down activity is undertaken
- be alert for symptoms

If a student has an asthma attack during, or after exercise or activity, follow their Asthma Action Plan if easily accessible, or commence asthma first aid. Always notify parents or carers of any incidents or medication usage.





# MUHAMMADIYAH AUSTRALIA COLLEGE

ABN 67 626 804 877

1-3 Killarney Drive Melton VIC 3337

[www.macollege.com.au](http://www.macollege.com.au) [info@macollege.com.au](mailto:info@macollege.com.au)

## Staff training

### General school staff training

All school staff should undertake non-accredited training in asthma first aid management for education staff through Asthma Australia. Staff should complete the free 1 hour asthma education session at least every 3 years — this can be through a school visit or online through the [Asthma Community and Health Professional e-Learning Hub](#).

The training should be conducted every 3 years. The following training is available to all staff for access:

- [Supporting People Live Well with Asthma](#) — a one hour face-to-face training session for school staff, paid by Muhammadiyah Australia College
- [Asthma First Aid for Schools](#) — a one hour online training module for individual school staff, at no cost.

### Targeted school staff training

The following college staff should undertake accredited training in asthma management by a Registered Training Organisation:

- staff working with high-risk children with a history of severe asthma
- staff with a direct student wellbeing responsibility such as nurses, first aid and camp organisers
- staff in high-risk teaching areas, such as physical education or sports teachers, home economics or cooking teachers.

Those staff are encouraged to undertake the following accredited asthma management courses which are recognised for Victorian schools:

- 10760NAT Course in Asthma Awareness
- 22556VIC Course in the Management of Asthma Risks and Emergencies in the Workplace.

Training is face-to-face and accredited for 3 years, paid by Muhammadiyah Australia College.



# MUHAMMADIYAH AUSTRALIA COLLEGE

ABN 67 626 804 877

1-3 Killarney Drive Melton VIC 3337

[www.macollege.com.au](http://www.macollege.com.au) [info@macollege.com.au](mailto:info@macollege.com.au)

If a staff member has not yet completed training, the principal is responsible for developing an interim Student Health Support Plan that includes the student's Asthma Action Plan in consultation with the student's parents or carers. Training should take place as soon as practicable after the student diagnosed with asthma enrolls, preferably before the student's first day at school.

## Asthma emergency kits

Muhammadiyah Australia College must provide and maintain at least 2 asthma emergency kits:

- one to keep at the school
- one to take as a mobile kit for activities such as excursions and camps.

It is recommended that large schools have an additional kit for every 300 students, see the Locations section below for further advice regarding placement of asthma emergency kits.

## Contents

Asthma emergency kits must contain:

- at least one blue or blue-grey reliever medication such as Airomir, Asmol, or Ventolin
- at least 2 spacer devices (for single person use only) to assist students to inhale the blue or blue-grey reliever medication (ensure spare spacers are available as replacements)
- clear written instructions on asthma first aid, including how to use the medication and spacer devices, and steps to be taken in treating an asthma attack (see the Guidance tab for further information)
- a record sheet or log for recording the details of a first aid incident, such as the number of puffs administered. Record sheets can be downloaded from the Asthma Australia website.

Note: Muhammadiyah Australia College is using the Lite-Aire Disposable Cardboard spacer in their asthma emergency kits, the College is aware that the imagery is printed in refined soy ink. Although the risk of developing an allergic reaction to refined soy ink is low, there is still



# MUHAMMADIYAH AUSTRALIA COLLEGE

ABN 67 626 804 877

1-3 Killarney Drive Melton VIC 3337

[www.macollege.com.au](http://www.macollege.com.au) [info@macollege.com.au](mailto:info@macollege.com.au)

a risk and the risk should be taken into account when developing Individual Anaphylaxis Management Plans for students diagnosed with soy allergy and asthma.

Muhammadiyah Australia College is not required to provide a nebuliser for students. If a student is prescribed a nebuliser, they should bring their own to school. Parents or carers can obtain information on the use of nebulisers from the manufacturer (all nebulisers are labelled with the manufacturer's name)

Complete asthma emergency kits can be purchased from Asthma Australia or the components through retail pharmacies.

## Regular checks

A nominated staff member should be responsible for maintaining the asthma emergency kits, including:

- ensuring all contents are maintained and replaced when necessary
- regularly checking the expiry date on the canister of the blue or blue-grey reliever puffer and replacing it if expired or low on doses
- replacing spacers in the asthma emergency kit after each use (spacers are single person use only). Once used, the spacer can be given to that student or thrown away
- previously used spacers should be disposed of.

## Cleaning requirements

Asthma spacers are single person use only. To avoid infection transmission via mucus, spacers and masks must only be used by the 1 student. They should be stored in a dust proof container.

Blue or blue-grey reliever medication 'puffers' in the asthma emergency kit may be used by more than 1 student, as long as they are used with a spacer. If the medication delivery device (for example, puffer) comes into contact with someone's mouth it cannot be reused by anyone else and must be replaced.



# MUHAMMADIYAH AUSTRALIA COLLEGE

ABN 67 626 804 877

1-3 Killarney Drive Melton VIC 3337

www.macollege.com.au info@macollege.com.au

## Locations

Asthma emergency kits will be located strategically around the school and readily available in an asthma emergency. Mobile asthma emergency kits are also required for:

- Admin Office
- yard duty
- excursions or sports days
- camps.

## Definitions

**Asthma:** Asthma is a long-term lung condition.

**Asthma Action Plan:** A plan completed by a student's medical practitioner which outlines the student's known triggers and the emergency procedures to be taken in the event of an asthma flare-up or attack.

**Blue-grey reliever medication:** This is usually Airomir, Asmol, or Ventolin.

**Nebuliser:** A machine that converts liquid medicine into a fine mist that can then be inhaled.

**Puffer:** A pressurised metered dose inhaler (pMDI). The medicine contained in the inhaler is in a fine mist. When you press the canister, this mist is released, and you breathe in to deliver the medicine to your airways.

**Spacer:** A holding chamber device that makes it easier to take asthma medication from the type of puffer. A spacer can also make it easier to coordinate breathing in and pressing your puffer.

## Related policies

- [Student Policy](#)
- [Excursions Policy and Guidelines](#)
- [Anaphylaxis Policy](#)



# MUHAMMADIYAH AUSTRALIA COLLEGE

ABN 67 626 804 877

1-3 Killarney Drive Melton VIC 3337

www.macollege.com.au info@macollege.com.au

## Guidance

### Treating an asthma attack

This procedure describes how to treat a student having:

- an asthma attack
- difficulty breathing for an unknown cause, even if they are not known to have asthma.

Note: For a student who is not known to have asthma, this treatment:

- could be lifesaving, if the asthma has not previously been recognised
- would not be harmful, if the cause of breathlessness was not asthma.

**Warning: Immediately call 000 and ask for an ambulance and state a student is having an asthma attack if:**

- the student is not breathing
- the student is having a severe or life threatening attack
- the student is having an asthma attack and a reliever is not available
- you are concerned
- at any time the student's condition suddenly worsens, or is not improving
- the student is known to have anaphylaxis — follow their Anaphylaxis Action Plan, then give asthma first aid.

Delay in treatment may increase the severity of the attack and ultimately risk the student's life.

### First time asthma attack

If a student appears to be having difficulty breathing but has not been diagnosed with asthma, the school staff should follow the school's first aid procedures. This should include immediately:

- locating and administering the reliever medication from the asthma emergency kit



# MUHAMMADIYAH AUSTRALIA COLLEGE

ABN 67 626 804 877

1-3 Killarney Drive Melton VIC 3337

[www.macollege.com.au](http://www.macollege.com.au) [info@macollege.com.au](mailto:info@macollege.com.au)

- after the first 4 doses of reliever medication call **000** for an ambulance
- continue giving 4 doses of reliever medication every 4 minutes whilst waiting for the ambulance to arrive.

## Step 1 — Sit the person upright

1. Be calm and reassuring.
2. Do not leave them alone.
3. Seek assistance from another teacher (or reliable student) to locate the student's Asthma Action Plan and an asthma emergency kit if required. If the student's Asthma Action Plan is not immediately available, use asthma first aid as described below.

## Step 2 — Give 4 separate puffs of blue or blue-grey reliever puffer

1. Shake the blue or blue-grey reliever puffer.
2. Use a spacer if you have one.
3. Put one puff into the spacer.
4. Student draws in medication from the spacer.

## Step 3 — Wait 4 minutes

If there is no improvement, give 4 more separate puffs of blue or blue-grey reliever as per step 2 and wait 4 minutes (or give 1 more dose of Bricanyl or Symbicort inhaler).

## Step 4 — If there is still no improvement call **000** and ask for an ambulance

1. Tell the operator the student is having an asthma attack.
2. Keep giving 4 separate puffs, every 4 minutes until emergency assistance arrives (or 1 dose of Bricanyl or Symbicort every 4 minutes — up to 3 more doses of Symbicort).

## Step 5 — If asthma is relieved after administering asthma first aid stop the treatment and observe the student

Notify the student's emergency contact person and record the incident.

## Puffer cleaning guide — after every use

1. Remove the metal canister from the puffer. Do not wash the canister.
2. Wash the plastic casing.



# MUHAMMADIYAH AUSTRALIA COLLEGE

ABN 67 626 804 877

1-3 Killarney Drive Melton VIC 3337

[www.macollege.com.au](http://www.macollege.com.au) [info@macollege.com.au](mailto:info@macollege.com.au)

3. Rinse the mouthpiece through the top and bottom under running water for at least 30 seconds. Wash mouthpiece cover.
4. Air dry then reassemble.
5. Test the puffer to make sure no water remains in it, then return to the asthma emergency kit.

## Asthma – key information

People with asthma have sensitive airways which react to triggers, causing a ‘flare-up’. In a flare-up, the muscles around the airway squeeze tight, the airway swells, becomes narrow and there is more mucus. This makes it harder to breathe. An asthma flare-up can come on slowly (over hours, days or even weeks) or very quickly (over minutes). A sudden or severe asthma flare-up is sometimes called an asthma attack.

**Symptoms** of asthma can vary over time and often vary from person to person. The most common asthma symptoms are:

- breathlessness
- wheezing (a whistling noise from the chest)
- tight feeling in the chest
- a persistent cough

Symptoms often occur at night, early in the morning or during/just after physical activity. If asthma is well controlled, a person should only have occasional asthma symptoms.

**A trigger** is something that sets off or starts asthma symptoms. Everyone with asthma has different triggers. For most people with asthma, triggers are only a problem when asthma is not well controlled with medication. Common asthma triggers include:

- exercise
- colds/flu
- smoke — including cigarette smoke and wood smoke from:
  - open fires
  - burn-offs , or
  - bushfires
- weather changes such as thunderstorms and cold, dry air
- house dust mites
- moulds



# MUHAMMADIYAH AUSTRALIA COLLEGE

ABN 67 626 804 877

1-3 Killarney Drive Melton VIC 3337

[www.macollege.com.au](http://www.macollege.com.au) [info@macollege.com.au](mailto:info@macollege.com.au)

- pollens
- animals such as cats and dogs
- chemicals such as household cleaning products
- deodorants — including:
  - perfumes
  - after-shaves
  - hair spray, and
  - aerosol deodorant sprays
- food chemicals/additives
- certain medications (including aspirin and anti-inflammatories)
- emotions such as stress and laughter

## Epidemic Thunderstorm Asthma

Every year during grass pollen season there is an increase in asthma and hay fever symptoms. During this season there is also the chance of an epidemic thunderstorm asthma event. Epidemic thunderstorm asthma events are thought to be triggered by an uncommon combination of high grass pollen levels and a certain type of thunderstorm, resulting in large numbers of people developing asthma symptoms over a short period of time.

Those at increased risk of epidemic thunderstorm asthma include people with asthma, people with a past history of asthma, those with undiagnosed asthma (i.e. people who have asthma symptoms but have not yet been diagnosed with asthma) and also includes people with hay fever who may or may not have asthma. Having both asthma and hay fever, as well as poor control and self-management of asthma increases the risk further.

For more information, refer to the [Better Health Channel](#).

## Medication

Most students can control their asthma by taking medication. Asthma medication is normally:

- taken via a metered-dose inhaler (puffer) preferably in conjunction with a spacer device or via a breath-activated dry powder inhaler
- provided by the parents/carers or the student, and may be self-administered





# MUHAMMADIYAH AUSTRALIA COLLEGE

ABN 67 626 804 877

1-3 Killarney Drive Melton VIC 3337

[www.macollege.com.au](http://www.macollege.com.au) [info@macollege.com.au](mailto:info@macollege.com.au)

- self-managed by the student at secondary level

Below is a description of the common forms of asthma medication.

## Reliever

- provides relief from symptoms within minutes
- used in an asthma emergency
- should be easily accessible to students at all times
- is preferably carried by the student
- is normally blue or grey in colour
- includes common brands such as Ventolin, Bricanyl, Airomir and Asmol.

Note: Most relievers can be purchased from a pharmacy without a prescription - Muhammadiyah Australia College must have a letter of authorisation from the principal to purchase reliever medication for the school's Asthma Emergency Kits.

## Preventer

- used on a regular basis to prevent asthma symptoms and reduce the frequency and severity of asthma attacks
- usually autumn or desert colours (brown, orange, rust or yellow)
- prescribed by a doctor

## Combination preventer

- combines a preventer with a long acting reliever in the same device
- there are two common types of combination medications, Seretide and Symbicort
- for students aged 12 or over, Symbicort may be used in an asthma emergency if documented on the student's Asthma Action Plan
- usually white/red or purple in colour
- prescribed by a doctor

Important: Teachers should refer to the student's Asthma Action Plan to determine how to use medication in an asthma emergency.

Preventers and Combination Preventers should not be taken to school unless:



# MUHAMMADIYAH AUSTRALIA COLLEGE

ABN 67 626 804 877

1-3 Killarney Drive Melton VIC 3337

[www.macollege.com.au](http://www.macollege.com.au) [info@macollege.com.au](mailto:info@macollege.com.au)

- the combination medication is Symbicort and has been prescribed as a reliever medication
- the student is attending a school camp or overnight excursion, and will be required to take the medication as prescribed, whilst in the care of the school

## **Types of asthma attacks**

Below is a description of the symptoms of different types of asthma attacks. Symptoms will vary from student to student.

### Mild/moderate attack

- may have a cough
- may have a wheeze
- minor difficulty in breathing
- able to talk in full sentences
- alert, able to walk/move around
- have normal skin colour

### Severe attack

- cannot speak a full sentence in one breath
- obvious difficulty in breathing
- sitting hunched forward
- tugging in of skin over the chest and throat
- lethargic (children)
- sore tummy (young children)
- reliever medication is not lasting as long as usual

### Life-threatening

- unable to speak, or 1-2 words per breath
- drowsy/confused
- collapsed, exhausted, unconscious
- wheeze and cough may be absent
- gasping for breath
- discolouration (turning blue)
- not responding to reliever medication



# MUHAMMADIYAH AUSTRALIA COLLEGE

ABN 67 626 804 877

1-3 Killarney Drive Melton VIC 3337

[www.macollege.com.au](http://www.macollege.com.au) [info@macollege.com.au](mailto:info@macollege.com.au)

## Useful websites for further information

- [Asthma Australia](#) - see Asthma Australia resources for Victorian schools, including a log sheet template for recording the details of a first aid incident.
- [Asthma, Chronic Illness Alliance](#)
- [Asthma Australia](#)
- [Better Health Channel - Thunderstorm Asthma](#)



# MUHAMMADIYAH AUSTRALIA COLLEGE

ABN 67 626 804 877

1-3 Killarney Drive Melton VIC 3337

[www.macollege.com.au](http://www.macollege.com.au) [info@macollege.com.au](mailto:info@macollege.com.au)

## Appendix 1: STUDENT HEALTH SUPPORT PLAN

### STUDENT HEALTH SUPPORT PLAN

This plan outlines how the school will support the student's health care needs, based on health advice received from the student's medical/health practitioner. This form must be completed for each student with an identified health care need (not including those with Anaphylaxis as this is done via an Individual Anaphylaxis Management Plan – see

[www.education.vic.gov.au/school/teachers/health/Pages/anaphylaxischl.aspx](http://www.education.vic.gov.au/school/teachers/health/Pages/anaphylaxischl.aspx)

**This Plan is to be completed by the principal or nominee in collaboration with the parent/carer and student.**

School:		Phone:
Student's name:		Date of birth:
Year level:		Proposed date for review of this plan:
Parent/carer contact information (1)	Parent/carer contact information (2)	Other emergency contacts (if parent/carer not available)
Name:	Name:	Name:
Relationship:	Relationship:	Relationship:
Home phone:	Home phone:	Home phone:
Work phone:	Work phone:	Work phone:



# MUHAMMADIYAH AUSTRALIA COLLEGE

ABN 67 626 804 877

1-3 Killarney Drive Melton VIC 3337

www.macollege.com.au info@macollege.com.au

Mobile:	Mobile:	Mobile:
Address:	Address:	Address:
Medical /Health practitioner contact:		
<p>General Medical Advice Form - for a student with a health condition</p> <p>School Asthma Action Plan</p> <p>Condition Specific Medical Advice Form – Cystic Fibrosis</p> <p>Condition Specific Medical Advice Form – Acquired Brain Injury</p> <p>Condition Specific Medical Advice Form – Cancer</p> <p>Condition Specific Medical Advice Form – Diabetes</p>	<p>Condition Specific Medical Advice Form – Epilepsy</p> <p>Personal Care Medical Advice Form - for a student who requires support for transfers and positioning</p> <p>Personal Care Medical Advice Form - for a student who requires support for oral eating and drinking</p> <p>Personal Care Medical Advice Form - for a student who requires support for toileting, hygiene and menstrual health management</p>	
List who will receive copies of this <b><i>Student Health Support Plan</i></b> :		
<p>1. Student’s Family      2. Other: _____ 3.</p> <p>Other: _____</p>		



# MUHAMMADIYAH AUSTRALIA COLLEGE

ABN 67 626 804 877

1-3 Killarney Drive Melton VIC 3337

www.macollege.com.au info@macollege.com.au

The following **Student Health Support Plan** has been developed with my knowledge and input

Name of parent/carer or adult/mature minor\*\* student: \_\_\_\_\_ Signature: \_\_\_\_\_  
Date: \_\_\_\_\_

*\*\*Please note: Mature minor is a student who is capable of making their own decisions on a range of issues, before they reach eighteen years of age. See: [Decision Making Responsibility for Students - School Policy and Advisory Guide](#)*

Name of principal (or nominee): \_\_\_\_\_ Signature: \_\_\_\_\_  
Date: \_\_\_\_\_

## Privacy Statement

The school collects personal information so as the school can plan and support the health care needs of the student. Without the provision of this information the quality of the health support provided may be affected. The information may be disclosed to relevant school staff and appropriate medical personnel, including those engaged in providing health support as well as emergency personnel, where appropriate, or where authorised or required by another law. You are able to request access to the personal information that we hold about you/your child and to request that it be corrected. Please contact the school directly or FOI Unit on 96372670.

## HOW THE SCHOOL WILL SUPPORT THE STUDENT'S HEALTH CARE NEEDS

Student's name:	
Date of birth:	Year level:
What is the health care need identified by the student's medical/health practitioner?	
Other known health conditions:	
When will the student commence attending school?	



# MUHAMMADIYAH AUSTRALIA COLLEGE

ABN 67 626 804 877

1-3 Killarney Drive Melton VIC 3337

www.macollege.com.au info@macollege.com.au

Detail any actions and timelines to enable attendance and any interim provisions:

Below are some questions that may need to be considered when detailing the support that will be provided for the student's health care needs. These questions should be used as a guide only.

Support	What needs to be considered ?	Strategy – how will the school support the student's health care needs?	Person Responsible for ensuring the support
Overall Support	Is it necessary to provide the support during the school day?	<i>For example, some medication can be taken at home and does not need to be brought to the school.</i>	
	How can the recommended support be provided in the simplest manner, with minimal interruption to the	<i>For example, students using nebulisers can often learn to use puffers and spacers at school.</i>	



# MUHAMMADIYAH AUSTRALIA COLLEGE

ABN 67 626 804 877

1-3 Killarney Drive Melton VIC 3337

www.macollege.com.au info@macollege.com.au

	<p>education and care program?</p>		
	<p>Who should provide the support?</p>	<p><i>For example, the principal should conduct a risk assessment for staff and ask:</i></p> <p><i>Does the support fit with assigned staff duties, the scope of their position, and basic first aid training (see the Department's First Aid Policy</i>  <a href="http://www.education.vic.gov.au/hrweb/ohs/health/firstaid.htm">www.education.vic.gov.au/hrweb/ohs/health/firstaid.htm</a></p> <p><i>Are additional or different staffing or training arrangements required?</i></p>	
	<p>How can the support be provided in a way that respects dignity, privacy, comfort and safety and enhances learning?</p>	<p><i>For example, detail the steps taken to ensure that the support provided respects the student's dignity, privacy, comfort and safety and enhances learning.</i></p>	





# MUHAMMADIYAH AUSTRALIA COLLEGE

ABN 67 626 804 877

1-3 Killarney Drive Melton VIC 3337

www.macollege.com.au info@macollege.com.au

<p><b>First Aid</b></p>	<p>Does the medical/health information highlight any individual first aid requirements for the student, other than basic first aid?</p>	<p><i>Discuss and agree on the individual first aid plan with the parent/carer.</i></p> <p><i>Ensure that there are sufficient staff trained in basic first aid (see the Department's First Aid Policy <a href="http://www.education.vic.gov.au/hrweb/ohs/health/firstaid.htm">www.education.vic.gov.au/hrweb/ohs/health/firstaid.htm</a>)</i></p> <p><i>Ensure that all relevant school staff are informed about the first aid response for the student.</i></p>	
	<p>Are there additional training modules that staff could undertake to further support the student, such as staff involved with excursions and specific educational programs</p>	<p><i>Ensure that relevant staff undertake the agreed additional training</i></p> <p><i>Ensure that there are contingency provisions in place (whilst awaiting the staff member to receive training), to facilitate the student's attendance at school.</i></p>	



# MUHAMMADIYAH AUSTRALIA COLLEGE

ABN 67 626 804 877

1-3 Killarney Drive Melton VIC 3337

www.macollege.com.au info@macollege.com.au

	or activities?		
<b>Complex medical needs</b>	Does the student have a complex medical care need?	<p><i>Is specific training required by relevant school staff to meet the student's complex medical care need?</i></p> <p><i>The Schoolcare Program enables students with ongoing complex medical needs to have their health care requirements met safely at school. This program is available to students who would be unable to attend school without the procedure being performed by appropriately trained staff. Following the referral process, RCH nurses will attend your school and provide specialist training to nominated school staff.</i></p> <p><i>Further information about the Schoolcare Program may be found in the Schoolcare Program Guidelines and Referral form at:</i></p> <p><a href="http://www.education.vic.gov.au/school/teachers/learningneeds/Pages/programsupp.aspx">www.education.vic.gov.au/school/teachers/learningneeds/Pages/programsupp.aspx</a></p>	
<b>Personal Care</b>	Does the medical/health information highlight a predictable need for additional support with daily living tasks?	<p><i>Detail how the school will support the student's personal care needs, for example in relation to nose blowing, washing hands, toileting care (including menstrual health management and other aspects of personal hygiene)</i></p> <p><i>Would the use of a care and learning plan for toileting or hygiene be appropriate?</i></p>	



# MUHAMMADIYAH AUSTRALIA COLLEGE

ABN 67 626 804 877

1-3 Killarney Drive Melton VIC 3337

www.macollege.com.au info@macollege.com.au

<b>Routine Supervision for health-related safety</b>	<p>Does the student require medication to be administered and/or stored at the School?</p>	<p><i>Ensure that the parent/carer is aware of the school's policy on medication management.</i></p> <p><i>Ensure that written advice is received, ideally from the student's medical/health practitioner for appropriate storage and administration of the medication – via the Department's Medication Authority Form.</i></p> <p><i>Ensure that a medication log or equivalent official medications register is completed by the person administering the taking of the medication.</i></p>	
	<p>Are there any facilities issues that need to be addressed?</p>	<p><i>Ensure the school's first aid room/sick bay and its contents provide the minimum requirements and discuss whether other requirements can be facilitated in this room to meet the student's health care needs.</i></p> <p><i>Ensure the school provides necessary reasonable adjustments to assist a student who requires a wheelchair or other technical support. Discuss requirements and possible modifications with the parent/carer/student.</i></p>	
	<p>Does the student require assistance by a visiting nurse, physiotherapist, or other health worker?</p>	<p><i>Detail who the worker is, the contact staff member and how, when and where they will provide support.</i></p> <p><i>Ensure that the school provides a facility which enables the provision of the health service.</i></p>	



# MUHAMMADIYAH AUSTRALIA COLLEGE

ABN 67 626 804 877

1-3 Killarney Drive Melton VIC 3337

www.macollege.com.au info@macollege.com.au

	<p>Who is responsible for management of health records at the school?</p>	<p><i>Ensure that information privacy principles are applied when collecting, using, retaining or disposing of personal or health information.</i></p>	
	<p>Where relevant, what steps have been put in place to support continuity and relevance of curriculum for the student?</p>	<p><i>For example, accommodation in curriculum design and delivery and in assessment for a student in transition between home, hospital and school; for a student's attendance (full-time, part-time or episodically).</i></p>	
<p><b>Other considerations</b></p>	<p>Are there other considerations relevant for this health support plan?</p>	<p><i>For example, in relation to behaviour, such as special permission to leave group activities as needed; planned, supportive peer environment.</i></p> <p><i>For example, in relation to the environment, such as minimising risks such as allergens or other risk factors.</i></p> <p><i>For example, in relation to communication, is there a need to formally outline the communication channels between the school, family and health/medical practitioner?</i></p> <p><i>For example, is there a need for planned support for siblings/peers?</i></p>	





# MUHAMMADIYAH AUSTRALIA COLLEGE

ABN 67 626 804 877

1-3 Killarney Drive Melton VIC 3337

www.macollege.com.au info@macollege.com.au

## ASTHMA FIRST AID


- **1 SIT THE PERSON UPRIGHT**
  - Be **calm** and reassuring
  - **Do not leave** them alone
- **2 GIVE 4 SEPARATE PUFFS OF BLUE/ GREY RELIEVER PUFFER**
  - **Shake** puffer
  - Put **1 puff** into spacer
  - Take **4 breaths** from spacer
    - **Repeat** until **4 puffs** have been taken

OR give 2 separate inhalations of Bricanyl (6 years or older)  
OR give 1 inhalation of Symbicort Turbuhaler (12 years or older)  
OR give 2 puffs of Symbicort Rapihaler through a spacer (12 years or older)

**If no spacer available:** Take 1 puff as you take 1 slow, deep breath and hold breath for as long as comfortable. Repeat until all puffs are given
- **3 WAIT 4 MINUTES**
  - If there is no improvement, **give 4 more separate puffs of blue/grey reliever** as above

OR give 1 more inhalation of Bricanyl  
OR give 1 more inhalation of Symbicort Turbuhaler  
OR give 2 puffs of Symbicort Rapihaler through a spacer

### IF THERE IS STILL NO IMPROVEMENT

- **4 DIAL TRIPLE ZERO (000)**
  - Say **'ambulance'** and that someone is having an asthma attack
  - Keep giving **4 separate puffs every 4 minutes** until emergency assistance arrives

OR give 1 inhalation of a Bricanyl or Symbicort Turbuhaler every 4 minutes – up to a max of 4 more inhalations of Symbicort Turbuhaler  
OR give 2 puffs of Symbicort Rapihaler through a spacer every 4 minutes – up to a max of 8 more puffs of Symbicort Rapihaler

### CALL EMERGENCY ASSISTANCE IMMEDIATELY AND DIAL TRIPLE ZERO (000) IF:

- the person is not breathing
- the person's asthma suddenly becomes worse or is not improving
- the person is having an asthma attack and a reliever is not available
- you are not sure if it is asthma
- **the person is known to have anaphylaxis – follow their Anaphylaxis Action Plan, then give Asthma First Aid**

Blue/grey reliever medication is unlikely to harm, even if the person does not have asthma.



Translating and Interpreting Service  
131 450



**ASTHMA AUSTRALIA**

**1800 ASTHMA**  
(1800 278 462)

[asthma.org.au](http://asthma.org.au)

© Asthma Australia 2020



# MUHAMMADIYAH AUSTRALIA COLLEGE

ABN 67 626 804 877

1-3 Killarney Drive Melton VIC 3337

www.macollege.com.au info@macollege.com.au

## Appendix 3: Confidential Medical Information Form for Excursions

### Confidential Medical Information Form for Excursions

The school will use this information if your child is involved in a medical emergency. All information is held in confidence. The medical information on this form must be current when the excursion/program is run.

Parents are responsible for all medical costs if a student is injured on a school approved excursion unless the Department of Education and Training is found liable (liability is not automatic). Parents can purchase student accident insurance cover from a commercial insurer if they wish to.

Excursion/program name: Teacher to fill this in  
Date(s): Teacher to fill this in

Student's full name:

Student's address: Postcode:

Date of birth: Year level:

Parent/guardian's full name:  
Emergency telephone numbers: *After hours* *Business hours*

Name of person to contact in an emergency (if different from the parent/guardian):  
\_\_\_\_\_  
\_\_\_\_\_  
Emergency telephone numbers: *After hours* *Business hours*

Name of family doctor: \_\_\_\_\_  
\_\_\_\_\_  
Address of family doctor:  
Phone number:

Medicare number:

Medical/hospital insurance fund: Member number:

Ambulance subscriber?  Yes  No If yes, ambulance number:

Is this the first time your child has been away from home?  Yes  No



# MUHAMMADIYAH AUSTRALIA COLLEGE

ABN 67 626 804 877

1-3 Killarney Drive Melton VIC 3337

www.macollege.com.au info@macollege.com.au

## Please tick if your child is living with any of the following health conditions:

- Asthma (if ticked complete Asthma Management Plan)
- Anaphylaxis (if ticked review and update the Individual Management Plan for the camp or excursion)
- Bed wetting
- Blackouts
- Diabetes
- Dizzy spells
- Migraine
- Heart condition
- Sleepwalking
- Travel sickness
- Seizure of any type
- Other: \_\_\_\_\_

## Swimming ability

Please tick the distance your child can swim comfortably.

- Beginner swimmer** – little or no experience including in shallow water.
- Intermediate swimmer** – basic skills, able to swim 25 metres with a recognisable stroke.
- Advanced swimmer** – able to swim 50 to 100 metres using two recognisable strokes and to demonstrate one survival stroke in deep water.

## Allergies

Please tick if your child is allergic to any of the following:

- Penicillin
- Other Drugs: \_\_\_\_\_
- Foods: \_\_\_\_\_
- Other allergies: \_\_\_\_\_

What special care is recommended for these allergies?

\_\_\_\_\_

\_\_\_\_\_

Year of last tetanus immunisation: \_\_\_\_\_

(Tetanus immunisation is normally given at five years of age (as Triple Antigen or CDT) and at fifteen years of age (as ADT))

## Medication

Is your child taking any medicine(s)?  Yes  No

If yes, provide the name of medication, dose and describe when and how it is to be taken.

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_





# MUHAMMADIYAH AUSTRALIA COLLEGE

ABN 67 626 804 877

1-3 Killarney Drive Melton VIC 3337

www.macollege.com.au info@macollege.com.au

All medication must be given to the teacher-in-charge. All containers must be labelled with your child's name, the dose to be taken as well as when and how it should be taken. The medications will be kept by the staff and distributed as required. Inform the teacher-in-charge if it is necessary or appropriate for your child to carry their medication (for example, asthma puffers or insulin for diabetes). A child can only carry medication with the knowledge and approval of both the teacher-in-charge and yourself.

## Medical consent

Where the teacher-in-charge of the excursion is unable to contact me, or it is otherwise impracticable to contact me, I authorise the teacher-in-charge to:

- Consent to my child receiving any medical or surgical attention deemed necessary by a medical practitioner.
- Administer such first-aid as the teacher-in-charge judges to be reasonably necessary.

Signature of parent/guardian (named above) \_\_\_\_\_

\_\_\_\_\_

Date:

The Department of Education and Training requires this consent to be signed for all students who attend government school non-local excursions.

**Note:** You should receive detailed information about the excursion/program prior to your child's participation and a Parent Consent form. If you have further questions, contact the school before the program starts.



# MUHAMMADIYAH AUSTRALIA COLLEGE

ABN 67 626 804 877

1-3 Killarney Drive Melton VIC 3337

www.macollege.com.au info@macollege.com.au

## Appendix 4: Asthma Update Form For Excursions

### SCHOOL CAMP AND EXCURSION

VICTORIAN SCHOOLS

### ASTHMA UPDATE FORM

Student's name: \_\_\_\_\_

DOB: \_\_\_\_\_

Confirmed triggers: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Has the student been hospitalised due to asthma, had an acute asthma attack or worsening asthma in the last two weeks?  Y  N

Has the student's asthma medications changed in the last two weeks?  Y  N

Is the student well enough to attend camp/excursion?  Y  N

This form is to be completed by parents/carers of students with asthma prior to an excursion or camp. The form is to be attached to a copy of the student's Asthma Action Plan and brought with students to the camp or excursion. Please provide as much detail as possible.

### OTHER MEDICAL CONDITIONS

Has the student had any other illness in the last two weeks?  Y  N  
If YES, please provide details:

Nature of illness? \_\_\_\_\_ When? \_\_\_\_\_

Severity? \_\_\_\_\_ Has this affected their asthma?  Y  N

### ALLERGIC RHINITIS (HAY FEVER)

Does the student hay fever?  Y  N Does the student have an action plan for hay fever?  Y  N

Confirmed Triggers for hay fever	Medication	Device	Dose	When
_____	_____	_____	_____	_____
_____	Treatment	_____	_____	_____

### ADDITIONAL ASTHMA MEDICATION REQUIREMENTS

1. Medication	Device	Dose	When
_____	_____	_____	_____
Instructions for use _____			
2. Medication	Device	Dose	When
_____	_____	_____	_____
Instructions for use _____			

Doctor's Name: _____	Emergency Contact: _____	Additional information _____
Phone: _____	Phone: _____	_____
Address: _____	The information provided on this plan is true and correct. Signed: _____	_____
_____	Date: _____	_____

For asthma information and support or to speak with an Asthma Educator call 1800 ASTHMA (1800 278 462) or visit [asthma.org.au](http://asthma.org.au)

© Asthma Australia August 2019





# MUHAMMADIYAH AUSTRALIA COLLEGE

ABN 67 626 804 877

1-3 Killarney Drive Melton VIC 3337

www.macollege.com.au info@macollege.com.au

## Appendix 5: Care Plan for School

### ASTHMA CARE PLAN FOR EDUCATION AND CARE SERVICES

CONFIDENTIAL: Staff are trained in asthma first aid (see overleaf) and can provide routine asthma medication as authorised in this care plan by the treating doctor. Please advise staff in writing of any changes to this plan.

To be completed by the treating doctor and parent/guardian, for supervising staff and emergency medical personnel.

PLEASE PRINT CLEARLY

Student's name: \_\_\_\_\_ DOB: \_\_\_\_\_

PHOTO OF STUDENT (OPTIONAL)

Plan date \_\_\_/\_\_\_/20\_\_  
Review date \_\_\_/\_\_\_/20\_\_

#### MANAGING AN ASTHMA ATTACK

Staff are trained in asthma first aid (see overleaf). Please write down anything different this student might need if they have an asthma attack:

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

#### DAILY ASTHMA MANAGEMENT

This student's usual asthma signs:

- Cough
- Wheeze
- Difficulty breathing
- Other (please describe): \_\_\_\_\_

Frequency and severity:

- Daily/most days
- Frequently (more than 5 x per year)
- Occasionally (less than 5 x per year)
- Other (please describe) \_\_\_\_\_

Known triggers for this student's asthma (e.g. exercise\*, colds/flu, smoke) — please detail:

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

- Does this student usually tell an adult if s/he is having trouble breathing?  Yes  NO
- Does this student need help to take asthma medication?  Yes  NO
- Does this student use a mask with a spacer?  Yes  NO
- \*Does this student need a blue/grey reliever puffer medication before exercise?  Yes  NO

#### MEDICATION PLAN

If this student needs asthma medication, please detail below and make sure the medication and spacer/mask are supplied to staff.

NAME OF MEDICATION AND COLOUR	DOSE/NUMBER OF PUFFS	TIME REQUIRED

**DOCTOR**  
Name of doctor \_\_\_\_\_  
Address \_\_\_\_\_  
Phone \_\_\_\_\_  
Signature \_\_\_\_\_ Date \_\_\_\_\_

**PARENT/GUARDIAN**  
I have read, understood and agreed with this care plan and any attachments listed. I approve the release of this information to staff and emergency medical personnel. I will notify the staff in writing if there are any changes to these instructions. I understand staff will seek emergency medical help as needed and that I am responsible for payment of any emergency medical costs.  
Signature \_\_\_\_\_ Date \_\_\_\_\_  
Name \_\_\_\_\_

**EMERGENCY CONTACT INFORMATION**  
Contact name \_\_\_\_\_  
Phone \_\_\_\_\_  
Mobile \_\_\_\_\_  
Email \_\_\_\_\_

For asthma information and support or to speak with an Asthma Educator call 1800 ASTHMA (1800 278 462) or visit [asthma.org.au](http://asthma.org.au)



Date of approval: June 2018 | Approved by: CEO Asthma Australia | Date of review: June 2018 | MAC-FEC00018 Care Plan for Schools A4 | 6 June 2018




# MUHAMMADIYAH AUSTRALIA COLLEGE

ABN 67 626 804 877


1-3 Killarney Drive Melton VIC 3337

www.macollege.com.au info@macollege.com.au

## ASTHMA FIRST AID

- **1 SIT THE PERSON UPRIGHT**
    - Be **calm** and reassuring
    - Do not leave** them alone
  - **2 GIVE 4 SEPARATE PUFFS OF BLUE/ GREY RELIEVER PUFFER**
    - Shake puffer**
    - Put **1 puff** into spacer
    - Take **4 breaths** from spacer
      - Repeat until **4 puffs** have been taken

OR give 2 separate inhalations of Bricanyl (6 years or older)  
OR give 1 inhalation of Symbicort Turbuhaler (12 years or older)  
OR give 2 puffs of Symbicort Rapihaler through a spacer (12 years or older)

If **no spacer available**: Take 1 puff as you take 1 slow, deep breath and hold breath for as long as comfortable. Repeat until all puffs are given
  - **3 WAIT 4 MINUTES**
    - If there is no improvement, **give 4 more separate puffs of blue/grey reliever as above**

OR give 1 more inhalation of Bricanyl  
OR give 1 more inhalation of Symbicort Turbuhaler  
OR give 2 puffs of Symbicort Rapihaler through a spacer
- IF THERE IS STILL NO IMPROVEMENT**
- **4 DIAL TRIPLE ZERO (000)**
    - Say **'ambulance'** and that someone is having an asthma attack
    - Keep giving **4 separate puffs every 4 minutes** until emergency assistance arrives

OR give 1 inhalation of a Bricanyl or Symbicort Turbuhaler every 4 minutes – up to a max of 4 more inhalations of Symbicort Turbuhaler  
OR give 2 puffs of Symbicort Rapihaler through a spacer every 4 minutes – up to a max of 8 more puffs of Symbicort Rapihaler

### CALL EMERGENCY ASSISTANCE IMMEDIATELY AND DIAL TRIPLE ZERO (000) IF:

- the person is not breathing
- the person's asthma suddenly becomes worse or is not improving
- the person is having an asthma attack and a reliever is not available
- you are not sure if it is asthma
- the person is known to have anaphylaxis – follow their Anaphylaxis Action Plan, then give Asthma First Aid

Blue/grey reliever medication is unlikely to harm, even if the person does not have asthma.



Translating and Interpreting Service  
131 450



**ASTHMA AUSTRALIA**

**1800 ASTHMA**  
(1800 278 462)

[asthma.org.au](http://asthma.org.au)

©Asthma Australia 2020