



FIRST AID IN THE PACIFIC

In partnership with Sir Brian Bell Foundation

WHAT IS FIRST AID?

First aid is the help given to someone who is injured or ill to keep them safe and to cause no further harm. The role of a first aider is to give someone this help.

THE FIRST AIMS OF FIRST AID ARE:

- Preserve life
- Prevent illness or injury from becoming worse
- Relieve pain, if possible
- Promote recovery
- Protect the unconscious

All information provided is from St John Ambulance in partnership with Sir Brian Bell Foundation Papua New Guinea

ASTHMA

SIGNS AND SYMPTOMS

- Coughing and wheezing
- Shortness of breath
- Difficulty breathing

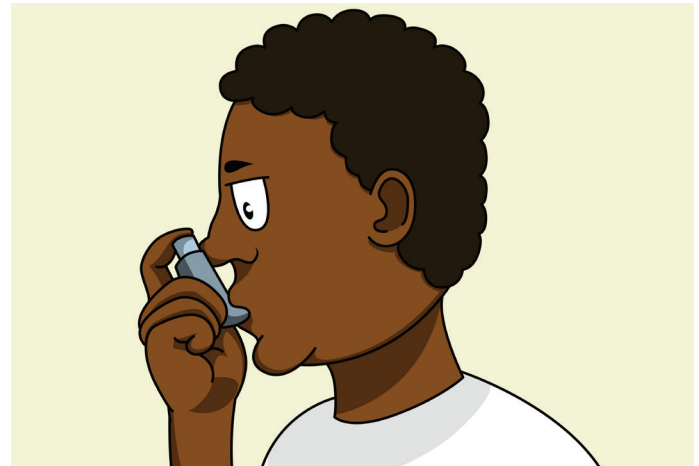
THE FOLLOWING CAN TRIGGER AN ATTACK ON SOMEONE WHO SUFFERS FROM THE CONDITION:

Allergens

- Pollens
- House dust mites and dust
- Animal dander
- Food
- Preservatives/ additives
- Mould and mould spores

Non- Allergens

- Smoke
- Infections (viral or bacterial)
- Emotions
- Medications
- Weather changes
- Industrial chemicals
- Exercise



WHAT YOU SHOULD DO:

1. Sit the patient upright in a comfortable position
2. Ask the patient if they have asthma medication like a blue/grey salbutamol puffer and if they want your help to take it
3. Shake the puffer
4. Give 1 puff and take four breaths
5. Repeat until 4 puffs have been taken
6. Wait for 4 minutes. If there is no improvement, give four more puffs.
7. If the patient cannot breathe normally, call 111 for St John Ambulance or get urgent medical help.

Remember: Shake, 1 puff, 4 breaths



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