



In partnership with **Sir Brian Bell Foundation**

# FIRST AID IN THE PACIFIC

## 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

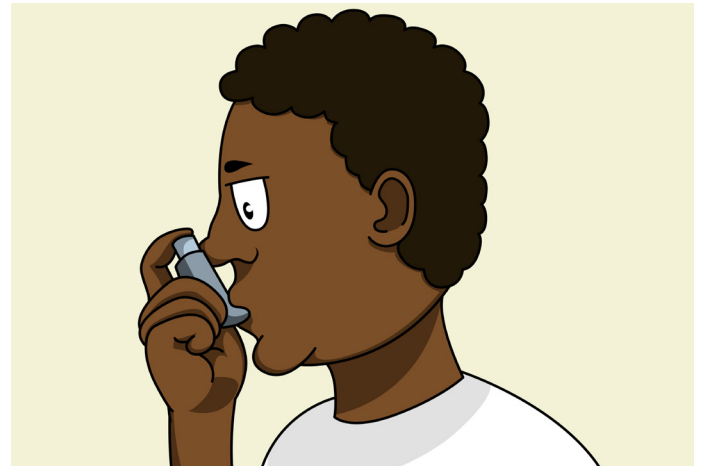
## THE FOLLOWING CAN TRIGGER AN ATTACK ON SOMEONE WHO SUFFERS FROM THE CONDITION:

### 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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