



FOR IMMEDIATE RELEASE

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## **NEW ASTHMA INFO COULD HELP YOU SAVE A CHILD'S LIFE**

### ***Kids' First Aid for Asthma Chart Launched***

As the peak season for hospital visits among children with asthma approaches, the National Asthma Council Australia has launched the *Kids' First Aid for Asthma* chart to help people know the steps to take if a child in their care suffers an attack.

Given one in ten children have asthma, it's vital all Australians feel comfortable implementing an emergency asthma management plan, according to National Asthma Council Australia spokesperson Professor Adam Jaffé, head of Sydney Children's Hospital's respiratory department.

"Asthma can be life threatening. This chart has the potential to help people act quickly which is crucial," he said.

The new chart provides a clear four step process for handling an asthma attack, including treatment information, how to use the two common styles of inhaler correctly and when to call an ambulance.

It also provides information on how to improvise a spacer, a device used to more effectively deliver asthma medication to children, by using one hand to create an air pocket around the child's nose and mouth and using the other hand to fire the puffer through the air pocket.

"Everyone knows a child with asthma so it's imperative people recognise the signs of an attack, know how to follow the four steps outlined in the first aid chart and know when to call for help," said Professor Jaffé.

And there's no more important time for managing asthma attacks in children than the first part of the year.

Children being more active after returning to school, sport and other extracurricular activities, combined with cool weather approaching and an increase in viruses are all potential asthma triggers contributing to the rise in attacks typically experienced at this time of year.

"These are all well-known triggers for setting off asthma attacks so we tend to see a peak in asthma in children in the Southern Hemisphere early in the new school year and in May. It's therefore a very good time to familiarise yourself with the four step asthma first aid plan.

“The *Kids’ First Aid for Asthma* chart can be used by everyone and is designed to give people more confidence when faced with a child having an asthma attack,” Professor Jaffé said.

The National Asthma Council Australia strongly recommends families of children with asthma, as well as extra-curricular activity coordinators, download the new chart from [www.nationalasthma.org.au](http://www.nationalasthma.org.au) and display it in a prominent place.

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*For further information or to arrange an interview with National Asthma Council Australia spokesperson Professor Adam Jaffé, please contact:*

Rachael Nightingale  
Ogilvy Public Relations  
Tel: 03 86953511  
Mob: 0449 881 980  
[rachael.nightingale@ogilvy.com.au](mailto:rachael.nightingale@ogilvy.com.au)