

# Asthma

Sit upright  
4 puffs ventolin via spacer  
(4 breaths)  
Wait 4 minutes  
4 puffs ventolin via spacer  
(4 breaths)  
Call 000

# Anaphylaxis

Lay down  
Form fist around the epipen  
Take off blue lid  
Inject at 90' angle into mid  
outer thigh, press down until  
click heard  
Hold in place for 5 secs  
Call 000

# Choking

Place over knee or leaning  
forward in chair  
5 back blows (check  
between)  
5 chest thrusts (check  
between)  
If unconscious, CPR, 000

# CPR

**Danger**  
**Response**  
**Send** for Help 000  
**Airway** position  
**Breathing** check  
**Compressions** 30:2  
**Defibrillation**

# Burns

**Remove**  
clothes + jewelery + heat  
**Cool**  
20mins running water  
**Cover**  
Gladwrap/ lint free dressing  
**Seek**  
help if red flags

# Numbers

Emergency  
**000**  
Nurse on call  
**1300 60 60 24**  
Poisons hotline  
**13 11 26**