

Response to difficulty breathing

If a child or young person collapses and appears to have difficulty breathing, call an ambulance immediately whether or not the person is known to have asthma.

Follow the Asthma + Respiratory Foundation's response procedure for someone's first asthma attack.

- Call an ambulance immediately (DIAL 111).
- Give six puffs of a reliever inhaler.
- Six breaths for each puff.
- Repeat every six minutes, if little or no improvement.

No harm is likely to result from giving a reliever to someone who does not have asthma.

Note: An asthma emergency kit can be purchased from Asthma + Respiratory Foundation NZ. This includes a letter of Authorisation for Reliever Inhaler. This can be used only by schools and colleges in accordance with [Ministry of Health Guidelines](#).

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