



## Asthma in Your Mate

Asthma in your mate is design to teach children/youth of all ages the importance of being asthma aware and how they can help a mate, family member or a team member having an asthma flare-up/attack, whether it be at school, park, home or sporting field.

**Time:** 30mins-1 hour

**Cost:** No Charge

### What the program covers

- Asthma stats
- What is asthma?
- Signs & symptoms: identifying asthma in - yourself, family member or mate
- Reliever medication (blue/grey puffer)
- How to use a puffer & spacer
- Asthma Emergency 4X4X4

All students will receive an Asthma In Your Mate certificate



## Contact Us

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Find us



Adapted from: "Allergic Rhinitis Treatment Plan" & "Is your nose making your asthma worse?" by National Asthma Council Australia



## Training Packages for Schools & Childcare

Asthma Foundation NT leading the attack against asthma



**Asthma**  
Foundation  
Northern Territory

*All courses are non-accredited*



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## Asthma Aware & Anaphylaxis and Emergency Management

Asthma Aware & Allergy and Anaphylaxis Management in NT Schools is designed to teach all staff to identify asthma, allergies and anaphylaxis. The program is aimed to increase attendees confidence & knowledge in supporting students/staff with asthma, allergy &/or anaphylaxis and to provide a safe & inclusive environment.

**Time:** 1.5 hours

**Cost:** \$600 plus GST

### What the program covers

- What is asthma, allergy & anaphylaxis
- Signs & symptoms
- Triggers & allergens
- Knowledge of medication.
- the link between asthma, allergy & anaphylaxis
- Treatment of mild/moderate asthma & allergy
- Knowledge of an asthma plan & a ASCIA plan
- Emergency Management
- Asthma, allergy & anaphylaxis Policies and Guidelines in accordance to the NT Department of Education & Children Services
- Duty of care



## Asthma Aware Training

Designed to educate all attendee's on how to identify and treat asthma. The program is aimed to increase attendee's confidence and knowledge in supporting people with asthma. To provide a safe & inclusive environment.

**Time:** 1 hour

**Cost:** \$500 plus GST

### What the program covers

- What is asthma?
- Signs & symptoms of asthma
- Signs & symptoms of worsening asthma
- Triggers
- Linked conditions
- Knowledge of medication
- Knowledge and practical experience of how to use a puffer & spacer
- Asthma First Aid (4x4x4)
- Asthma Aware Policies and Guidelines.
- Asthma Action Plans
- Duty of care

The school/childcare will receive a certificate which is valid for 2 years as well as a Asthma Aware sticker & website logo to display if they meet the essential criteria-please refer to [www.asthmant.org.au](http://www.asthmant.org.au).



## Anaphylaxis & Emergency Management

Anaphylaxis and Emergency Management is designed to educate all attendees on how to identify and treat allergy & severe allergy (anaphylaxis). The program is aimed to increase attendees confidence & knowledge in supporting people with allergy &/or anaphylaxis. To provide a safe & inclusive environment.

**Time:** 1 hour

**Cost:** \$500 plus GST

### What the program covers

- What is allergy?
- What is anaphylaxis?
- Signs & symptoms of mild/moderate & severe allergy
- Signs & symptoms of anaphylaxis
- Treatment of mild to moderate allergic reactions
- Emergency treatment for anaphylaxis
- Knowledge of how to use an adrenaline auto-injector
- Knowledge of ASCIA Action Plan
- Allergy & Anaphylaxis Policies and Guidelines
- Duty of Care