

# Asthma First Aid

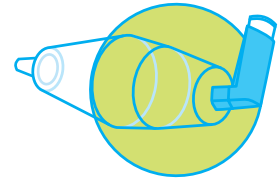
- 1 Sit the person upright, be calm and reassuring.**  
Do not leave them alone.



- 2 Give 4 separate puffs of a blue reliever\***

The medication is best given one puff at a time via a spacer device.

Ask the person to take 4 breaths from the spacer after each puff of medication. If a spacer is not available, use the blue reliever puffer on its own.



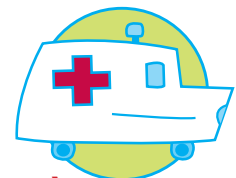
- 3 Wait 4 minutes.**



- 4 If there is little or no improvement repeat steps 2 and 3.**

**If there is still no improvement call an ambulance immediately (DIAL 000).**

Continue to repeat steps 2 and 3 while waiting for the ambulance.



\*A Bricanyl Turbuhaler may be used in first aid treatment if a puffer and spacer is unavailable.

**If the person's condition suddenly deteriorates or you are concerned at any time call an ambulance immediately (DIAL 000).**

For further information:

**1800 645 130**

(office hours)

[www.asthmaaustralia.org.au](http://www.asthmaaustralia.org.au)

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