

Asthma First Aid

If someone has an asthma attack you should follow this 4 STEP Asthma First Aid Plan

If their condition suddenly deteriorates or if at any time you are concerned – call an ambulance immediately.

1

- ▶ **Sit the person upright.**
Remain calm and provide reassurance.



2

- ▶ **Give 4 puffs** of a blue reliever puffer*. One puff at a time preferably through a spacer** device. Ask the person to take 4 breaths from the spacer after each puff.



3

- ▶ **Wait 4 minutes.**
If there is little or no improvement... Repeat Steps 2 & 3.



4

- ▶ **If No Improvement**
Call an ambulance immediately (**Dial 000**). Continue to repeat steps 2 & 3 while waiting for the ambulance.



If there is no ambulance service, seek urgent medical help. *Ailomir, Asmol, Epaq or Ventolin, however if a puffer & spacer are not available a Bricanyl Turbuhaler may be used. **Use a blue reliever puffer on its own if no spacer is available.

What if it is the first attack of asthma?

If someone has difficulty breathing, follow the Asthma First Aid Plan immediately, whether or not the person is known to have asthma. No harm is likely to result from giving a blue reliever puffer to someone without asthma.