

# Asthma First Aid

## 1

### Sit the person upright

- Be calm and reassuring
- Do not leave them alone



## 2

### Give medication

- Shake the blue reliever puffer\*
- Use a spacer if you have one
- **Give 4 separate puffs into the spacer**
- **Take 4 breaths from the spacer after each puff**



\*You can use a Bricanyl Turbuhaler if you do not have access to a puffer and spacer

Giving blue reliever medication to someone who doesn't have asthma is unlikely to harm them

## 3

### Wait 4 minutes

- If there is no improvement, repeat step 2



## 4

### If there is still no improvement call emergency assistance (DIAL 000)

- Tell the operator the person is having an asthma attack
- Keep giving 4 puffs every 4 minutes while you wait for emergency assistance



**Call emergency assistance immediately (DIAL 000) if the person's asthma suddenly becomes worse**

To find out more contact your local Asthma Foundation:

1800 645 130

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

Translating and Interpreting Service: 131 450

