

# Asthma First Aid

**1** Sit the person upright,  
be calm and reassuring.

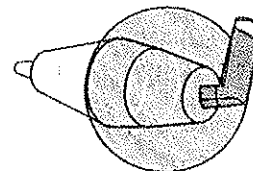
Do not leave them alone.



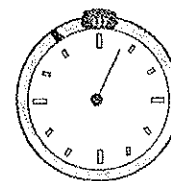
**2** Give 4 separate puffs of  
a blue reliever\*

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.



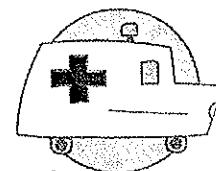
**3** Wait 4 minutes.



**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)

**ASTHMA  
FOUNDATIONS**  
AUSTRALIA