

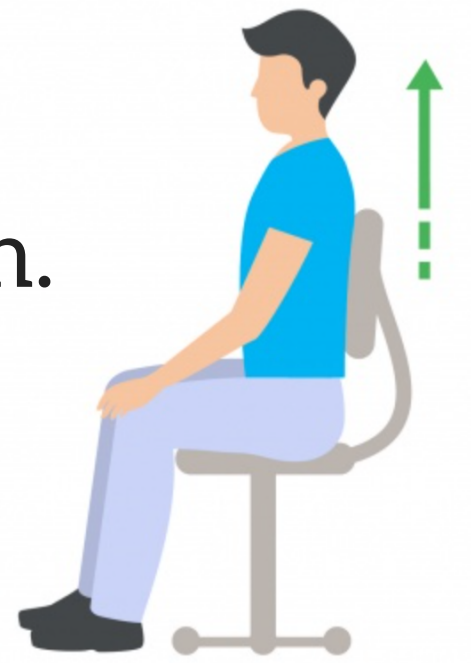
ASTHMA

First Aid



1

Sit the person up. Try not to let them lie down. Reassure, and tell them to stay calm.



2

Give four (4-6) puffs of the blue/grey puffer medication.

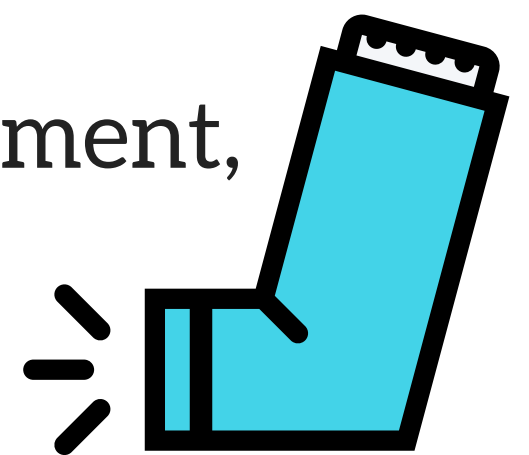
- > Use a spacer if there is one.
- > Shake the puffer.
- > Put one puff into the spacer.
- > Take four (4) breaths from the spacer.
- > Repeat until four to six (4-6) puffs have been taken.



****REMEMBER! Shake > One Puff > Four Breaths****

3

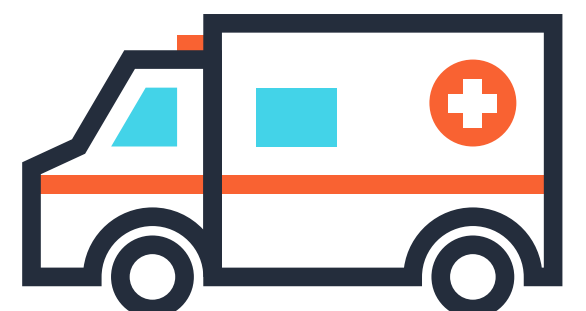
Wait four (4) minutes. If there is no improvement, repeat step two above.



4

If there is still no improvement, call an ambulance by dialling Triple Zero (000).

- > Keep giving four to six (4-6) separate puffs every four (4) minutes until emergency assistance arrives.



If symptoms improve you should still suggest the person make an appointment to see their doctor - preferably the same day. If the person gets worse again before seeing their doctor, call an ambulance immediately.