HOW TO USE A PUFFER AND SPACER

1. Remove cap from puffer
2. Hold puffer upright and shake well
3. Attach puffer to end of spacer

2. Put mouthpiece of spacer in your mouth, between your teeth, and create a good seal with your lips
   Breathe out gently into spacer

3. Press down on puffer once to fire medication into spacer

4. Breathe in and out normally for 4 breaths (keeping your mouth on spacer)

To take more medication, shake puffer and repeat steps 2 - 4
SIT THE PERSON UPRIGHT
- Be calm and reassuring
- Do not leave them alone

GIVE 4 SEPARATE PUFFS OF BLUE/GREY RELIEVER PUFFER
- Shake puffer
- Put 1 puff into spacer
- Take 4 breaths from spacer
  - Repeat until 4 puffs have been taken
  OR give 2 separate inhalations of Bricanyl (6 years or older)
  OR give 1 inhalation of Symbicort Turbuhaler (12 years or older)
  OR give 2 puffs of Symbicort Rapihaler through a spacer (12 years or older)
If no spacer available: Take 1 puff as you take 1 slow, deep breath and hold breath for as long as comfortable. Repeat until all puffs are given

WAIT 4 MINUTES
- If there is no improvement, give 4 more separate puffs of blue/grey reliever as above
  OR give 1 more inhalation of Bricanyl
  OR give 1 more inhalation of Symbicort Turbuhaler
  OR give 2 puffs of Symbicort Rapihaler through a spacer

IF THERE IS STILL NO IMPROVEMENT
DIAL TRIPLE ZERO (000)
- Say ‘ambulance’ and that someone is having an asthma attack
- Keep giving 4 separate puffs every 4 minutes until emergency assistance arrives
  OR give 1 inhalation of a Bricanyl or Symbicort Turbuhaler every 4 minutes – up to a max of 4 more inhalations of Symbicort Turbuhaler
  OR give 2 puffs of Symbicort Rapihaler through a spacer every 4 minutes – up to a max of 8 more puffs of Symbicort Rapihaler

CALL EMERGENCY ASSISTANCE IMMEDIATELY AND DIAL TRIPLE ZERO (000) IF:
- the person is not breathing
- the person’s asthma suddenly becomes worse or is not improving
- the person is having an asthma attack and a reliever is not available
- you are not sure if it’s asthma
- the person is known to have Anaphylaxis – follow their Anaphylaxis Action Plan, then give Asthma First Aid

Blue/grey reliever medication is unlikely to harm, even if the person does not have asthma.