

# ASTHMA FIRST AID

## Fostair 100/6

When prescribed as reliever and preventer



**DIAL TRIPLE ZERO (000) FOR AN AMBULANCE IMMEDIATELY IF THE PERSON:**

- is not breathing
- suddenly becomes worse or is not improving
- is having an asthma attack and a reliever is not available
- is unsure if it is asthma
- **has a known allergy to food, insects or medication and has SUDDEN BREATHING DIFFICULTY, GIVE ADRENALINE AUTOINJECTOR FIRST (if available), even if there are no skin changes, then use a reliever**

1



**SIT THE PERSON UPRIGHT**

- Be calm and reassuring
- Do not leave them alone

2



**GIVE 1 PUFF OF FOSTAIR**

- Shake puffer
- Put **1 puff** into spacer
- Take **4 breaths** from spacer

If you don't have a spacer handy in an emergency, take **1 puff** as you take **1 slow, deep breath** and hold breath for as long as comfortable. **Repeat** until all puffs are given

3



**WAIT 4 MINUTES**

- If breathing does not return to normal, give **1 more puff** of **Fostair** through a spacer

## IF BREATHING DOES NOT RETURN TO NORMAL

4



**DIAL TRIPLE ZERO (000)**

- Say '**ambulance**' and that someone is having an asthma attack
- Give **1 more puff** of **Fostair** through a spacer **every 4 minutes** until emergency assistance arrives

– up to a maximum of 4 more puffs