



For more detailed first aid steps and with other devices visit asthma.org.au/first-aid or scan above

ASTHMA FIRST AID

To treat asthma symptoms such as sudden difficulty breathing, cough, wheeze or chest tightness.



SIT THE PERSON UPRIGHT

4X



**SHAKE PUFFER BEFORE EVERY PUFF
GIVE 4 DOSES OF RELIEVER
1 PUFF AT A TIME WITH
4 BREATHS AFTER EACH PUFF**

WAIT



WAIT 4 MINUTES

REPEAT

**REPEAT IF BREATHING
DOES NOT RETURN
TO NORMAL**

IF NO IMPROVEMENT CALL 000

DIAL TRIPLE ZERO (000) FOR AN AMBULANCE IMMEDIATELY if the person is not breathing, suddenly becomes worse and/or has known allergies to food, insects or medicine.

GIVE ADRENALINE DEVICE FIRST if someone with known asthma and risk of anaphylaxis has sudden breathing difficulty.