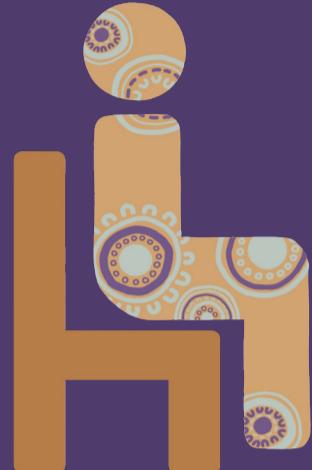




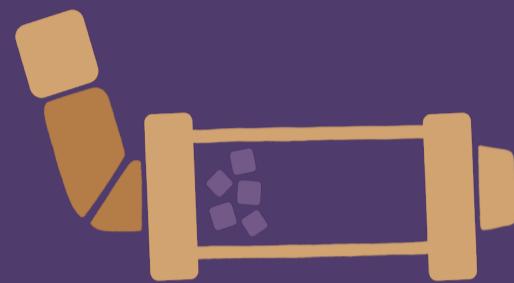
DO YOU KNOW ASTHMA FIRST AID?



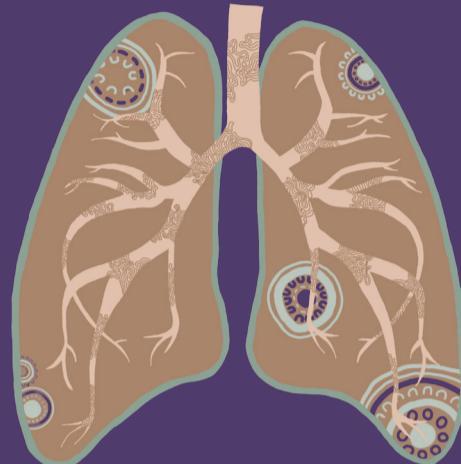
Using a blue reliever puffer



If a person has asthma and is having trouble breathing, sit them upright.



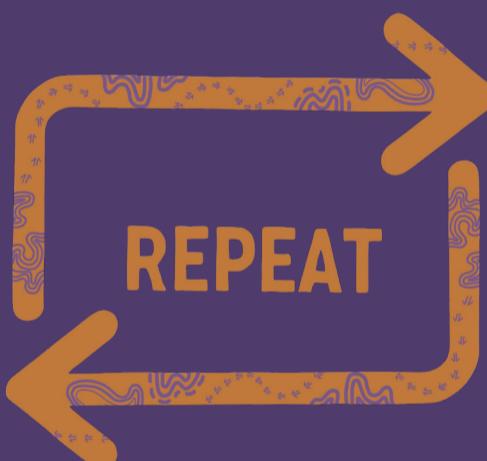
Shake the puffer before every puff. Connect the spacer to the puffer.



Take 4 breaths from spacer. Repeat until 4 separate puffs have been taken.

Put 1 puff into spacer.

1 puff, 4 breaths, 4 times



Wait four minutes and stay with the person. Keep calm.

If breathing does not return to normal. Repeat the 4 puffs of the puffer.

1 puff, 4 breaths, 4 times.

If no improvement call TRIPLE ZERO 000 for an ambulance.

IF THE PERSON HAS A DIFFERENT RELIEVER PUFFER, FOLLOW THEIR ASTHMA ACTION PLAN



ASTHMA
AUSTRALIA



CONNECTED BEGINNINGS
LUTRUWITA/TASMANIA

