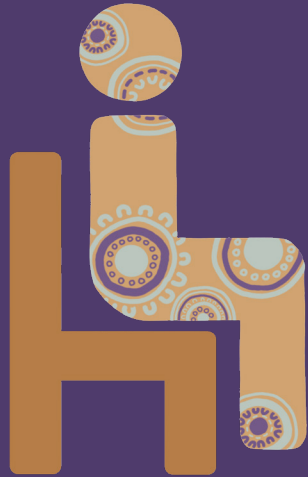


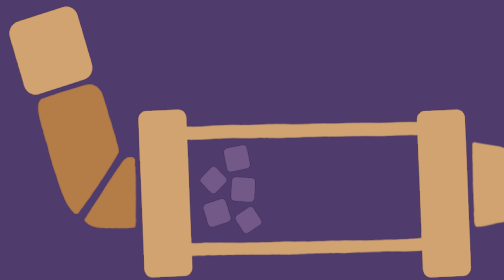


DO YOU KNOW ASTHMA FIRST AID?

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.



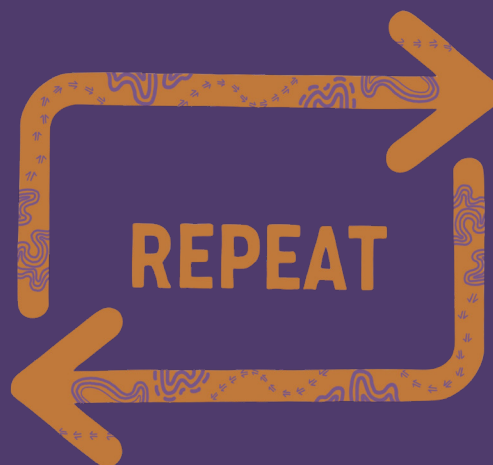
Take 4 breaths from spacer. Repeat until 4 separate puffs have been taken.

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



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