**ASTHMA FIRST AID**

1. **SIT THE PERSON UPRIGHT**
   - Be **calm** and reassuring
   - **Do not leave** them alone

2. **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
     - **Remember:** Shake, 1 puff, 4 breaths
   - OR give 2 separate doses of a Bricanyl inhaler (age 6 & over) or a Symbicort inhaler (over 12)

3. **WAIT 4 MINUTES**
   - **If there is no improvement,**
     - **give 4 more separate puffs of blue/grey reliever** as above
   - OR give 1 more dose of Bricanyl or Symbicort inhaler

**IF THERE IS STILL NO IMPROVEMENT**

4. **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 dose of a Bricanyl or Symbicort every 4 minutes – up to 3 more doses of Symbicort

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**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.