

4 STEPS OF ASTHMA FIRST AID



1

Sit the person upright

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)



2



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



4

If there is still no improvement dial **Triple Zero (000)** for an ambulance

Keep giving **4** separate puffs every **4** minutes until emergency assistance arrives

OR 1 dose of Bricanyl or Symbicort every 4 minutes – up to 3 more doses of Symbicort

Call emergency assistance immediately. Dial Triple Zero (000):

- If the person is not breathing.
- If the person's asthma suddenly becomes worse, or is not improving.
- If the person is having an asthma attack and a reliever is not available.
- If you are not sure if it's asthma.
- If 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.

Protect yourself this pollen season.

Managing asthma and allergies matters.

Visit betterhealth.vic.gov.au or call 1800ASTHMA (1800 278 462) for more information.

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