

# 4 STEPS OF ASTHMA FIRST AID



1

Sit the person upright



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)

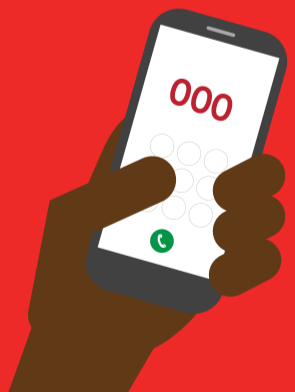


3

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



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 [asthmaaustralia.org.au](http://asthmaaustralia.org.au) or call

1800 ASTHMA (1800 278 462) for more information.

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4 steps of asthma first aid is available at <[www.betterhealth.vic.gov.au/thunderstormasthma](http://www.betterhealth.vic.gov.au/thunderstormasthma)>

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