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 or call 1800 ASTHMA (1800 278 462) for more information.

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