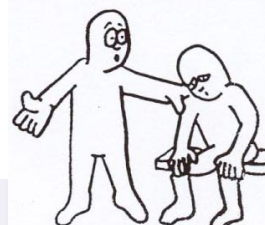


Asthma First Aid

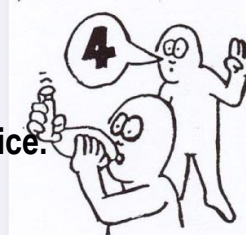
1

Sit the person upright
remain calm and provide reassurance.



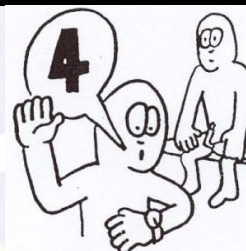
2

Give 4 puffs of a blue reliever puffer
(*Airomir, Asmol or Ventolin*)*, one puff
at a time, preferably through a spacer** device.
Ask the person to take 4 breaths from the
spacer after each puff.



3

Wait 4 minutes
If there is little or no improvement ...



4

Repeat steps 2 and 3.
If there is still little or no improvement, call
an ambulance immediately (Dial 000).
Continue to repeat steps 2 and 3
waiting for the ambulance.



If there is no ambulance service, seek urgent medical help.

*Bricanyl Turbuhaler may be used if no puffer & spacer available.

**Use a blue reliever puffer (Airomir, Asmol or Ventolin)
on its own if no spacer is available.

For more information contact The Asthma Foundation of Queensland on 1800 645 130 or e-mail info@asthmaqld.org.au

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The Asthma Foundation of Queensland – November 2008