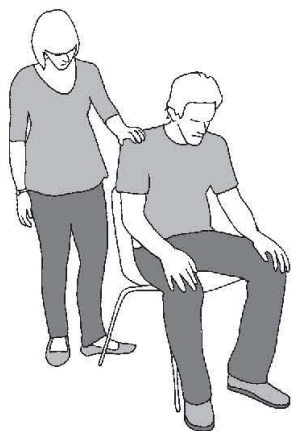
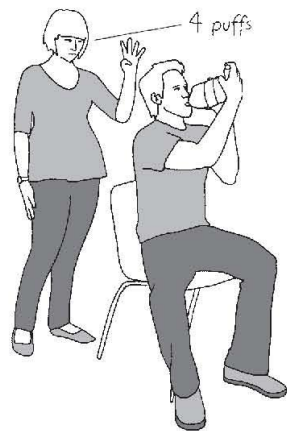


Asthma First Aid

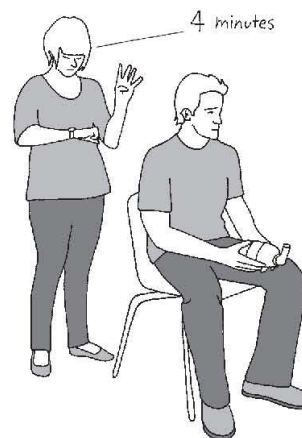
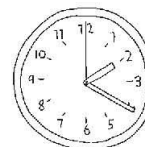
1 Sit the person upright remain calm and provide reassurance.
Do not leave the person alone.



2 Give 4 puffs of a blue reliever puffer (Airomir, Asmol, Epaq 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.
* If no spacer is available, use a blue reliever puffer on its own.



3 Wait 4 minutes.



4 If there is little or no improvement, 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 while waiting for the ambulance.



For first time attacks

If a person has difficulty breathing and is not known to have asthma, call an ambulance immediately and follow the Asthma First Aid Plan. **No harm is likely to result from giving a blue reliever puffer to someone without asthma.** A Bricanyl Turbuhaler may be used in first aid treatment if a puffer and spacer are unavailable.

For more information about asthma, contact The Asthma Foundation of Victoria on: **1800 645 130** or visit our website at **asthma.org.au**