

# Asthma First Aid

**1** Sit the person upright



**2** Give 4 puffs of reliever puffer

Use a spacer if possible, 1 puff into the spacer at a time, taking 4 breaths after each puff.



**3** Wait 4 minutes

If there is no improvement, give 4 more separate puffs of reliever as above.



**4** Call ambulance (Dial 000) if no improvement

Keep giving 4 separate puffs every 4 minutes until the ambulance arrives.



Note: If using Bricanyl/Symbicort follow your asthma action plan



**AsthmaWA**

**1800 278 462**  
**asthmawa.org.au**