

# ASTHMA FIRST AID

1



**SIT THE PERSON UPRIGHT**

- Be **calm** and reassuring
- **Do not** leave them alone

2



**GIVE 4 SEPARATE PUFFS OF EMERGENCY/RELIEVER INHALER**

usually blue - Ventolin or Airomir

- **Shake** inhaler
- Put **1 puff** into spacer
- Take **4 long deep breaths** in and out keeping spacer in your mouth
- ⇒ **Repeat** until **4 puffs** have been taken
- ⇒ **Remember:** Shake, 1 puff, 4 breaths

OR give 2 separate doses of a Symbicort inhaler (over 12)

3



**WAIT 4 MINUTES**

- If there is no improvement, give 4 more separate puffs of emergency/relief inhaler as above

OR give 1 more dose of Symbicort inhaler

## IF THERE IS STILL NO IMPROVEMENT

4

**911**

**CALL EMERGENCY DIAL 911**

- Say someone is having an asthma attack
- Keep giving **4 separate puffs** every **4 minutes** until emergency assistance arrives OR give 1 dose of Symbicort every 4 minutes - up to 3 more doses of Symbicort

### CALL EMERGENCY ASSISTANCE IMMEDIATELY AND DIAL 911 IF:

- the person is not breathing
- the person's asthma suddenly becomes worse or is not improving
- the person is having an asthma attack and an emergency/relief inhaler is not available
- you are not sure if it's asthma

*Reliever medication is unlikely to harm, even if the person does not have asthma.*

**In an EMERGENCY, NEVER use Dulera (blue) or Seretide (purple), Becotide (brown) or Flixotide (orange) inhalers.**