

# Asthma First Aid

## STEP 1

### Sit the person upright

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



## STEP 2

### Give medication

1. SHAKE – 1 puff – 4 breaths
2. SHAKE – 1 puff – 4 breaths
3. SHAKE – 1 puff – 4 breaths
4. SHAKE – 1 puff – 4 breaths

OR give 2 separate doses of a Bricanyl inhalers (all ages)  
or a Symbicort inhaler (over 12)



## STEP 3

### Wait 4 minutes

(OR give 1 more dose of Bricanyl or Symbicort inhaler.)



## STEP 4

### If there is little or no improvement, repeat steps 2 and 3.

- Then, 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.

(OR 1 dose of Bricanyl or Symbicort every 4 minutes – up to 3 more doses of Symbicort.)



**NOTE: IF THE PERSON'S CONDITION SUDDENLY DETERIORATES OR YOU ARE CONCERNED AT ANY TIME CALL AN AMBULANCE IMMEDIATELY (DIAL 000)**

Free help & advice  
**1800 278 462**

 **Asthma** Foundation of Tasmania