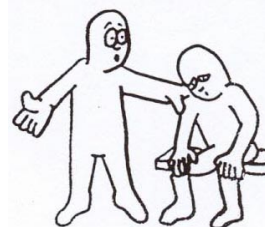


Asthma First Aid

1

Sit the person upright, remain calm and provide reassurance.



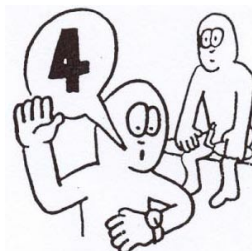
2

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.**



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 while 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, Epaq or Ventolin) on its own if no spacer is available.

For more information contact The Asthma Foundation of Queensland on 1800 645 130.

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The Asthma Foundation of Queensland – August 2005