

# Asthma First Aid



# 1

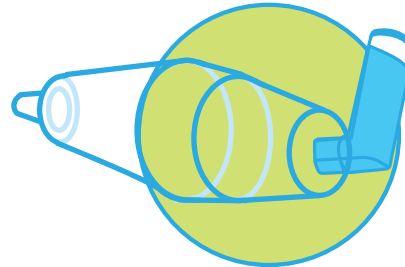


Sit the person upright.

Remain calm and provide reassurance.

Do not leave the person alone.

# 2



Give 4 separate puffs of a blue reliever, preferably via a spacer.

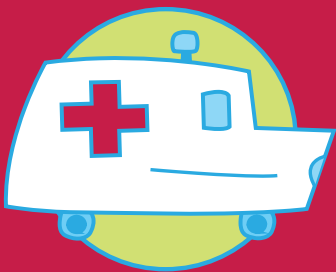
1 puff then 4 breaths  
1 puff then 4 breaths  
1 puff then 4 breaths  
1 puff then 4 breaths

# 3



Wait 4 minutes.

If the person's condition suddenly deteriorates or you are very concerned, call an ambulance immediately.



# 4

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

If there is still little or no improvement, call an ambulance (dial 000) and continue to repeat steps 2 and 3.