

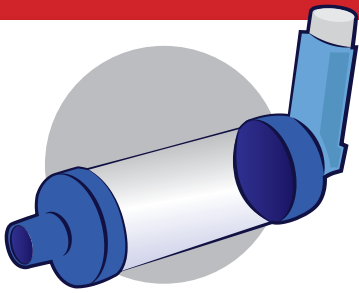
ASTHMA FIRST AID

STEP 1



- A** Sit the person upright.
- B** Remain calm and provide reassurance.
- C** Do not leave the person alone.

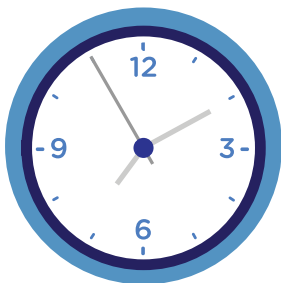
STEP 2



Give 4 full and separate puffs of a blue reliever, preferably with a spacer.

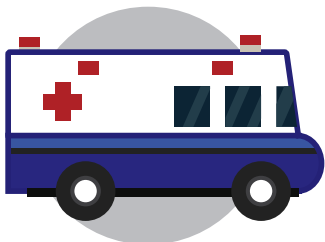
1 puff then 4 breaths **x4**

STEP 3



- A** Wait 4 minutes.
- B** Should the person's condition suddenly worsen or you are very concerned, call 000 and request an ambulance immediately.

STEP 4



- A** If there is minimal or no improvement, repeat steps 2 and 3.
- B** If there is still no or little improvement, call (000) and request an ambulance. Continue steps 2 and 3 until the ambulance arrives.