



Asthma first aid

Sit upright. Stay with them. Follow their asthma action plan.



Call 000 immediately for severe breathing trouble, inability to speak normally, blue/grey lips, drowsiness, rapid worsening or no reliever.

1

Sit upright and reassure

Do not leave the person alone. Help them follow their written action plan and use their reliever. Other relievers have different instructions from a blue/grey puffer.

2

Blue/grey puffer: give 4 separate puffs

Shake the puffer. Preferably use a spacer: give 1 puff, then have the person take 4 breaths from the spacer. Repeat until 4 puffs have been given. Without a spacer, use the puffer.

3

Wait 4 minutes and reassess

If breathing is not improving, call 000 and ask for an ambulance. Keep giving 4 separate puffs every 4 minutes while waiting. Call immediately at any time if symptoms are severe or worsening.

4

While the ambulance is coming

Keep giving 4 separate puffs every 4 minutes and follow the call-taker. The 4-puff sequence applies to a blue/grey reliever, not every asthma medicine.

could this be anaphylaxis?

For suspected anaphylaxis with sudden severe breathing difficulty, give adrenaline first, then asthma reliever, and call 000. Do not wait for a rash.

Unresponsive and not breathing normally?

Start CPR and follow the 000 call-taker. Use the person's action plan whenever available.

4

separate puffs

4

breaths after each puff

4

minutes, then reassess

Sources: Healthdirect: Asthma attack management; ANZCOR 9.2.5: Asthma; ASCIA: Anaphylaxis first aid.