

Asthma First Aid Flowchart

Sit person upright | Reassure | Stay with them

Give blue reliever puffer through spacer
Shake, 1 puff, 4 breaths — x4 | Wait 4 minutes

Asthma relieved

- Stop treatment
- Resume activity
- Observe
- Notify emergency contact person

Asthma persists

- Repeat: Shake, 1 puff, 4 breaths — x4
- Wait 4 minutes

Asthma relieved

- Stop treatment
- Do NOT resume activity
- Observe
- Notify emergency contact person

Severe breathing problems No relief

- Call ambulance
- Repeat: Shake, 1 puff, 4 breaths — x4
- Wait 4 minutes
- Repeat treatment continuously until help arrives
- Notify emergency contact person



Asthma Australia

To find out more about asthma
contact your local Asthma Foundation

1800 ASTHMA (1800 278 462)
asthmaaustralia.org.au