

First Aid for Asthma Attack

SPOT THE SIGNS

Look for ANY of these:

- Wheezing or high-pitched breathing
- Can't speak in full sentences
- Gasping for breath
- Chest feels tight
- Dry, constant cough
- Lips or fingernails turning blue

CALL 000 NOW



SIT THEM UP

- Sit the person upright. Lean them slightly forward.
- Keep them calm. Stay with them.
- Do NOT lay them down.
- Check for their Asthma Action Plan. If they have one — follow it.

CALL 000 IMMEDIATELY IF:

- No improvement after the first round of 4 puffs
- They can't speak at all
- Their lips or nails are turning blue
- They become drowsy or confused
- They stop breathing → **Start CPR.** Follow **DRSABCD.**

GIVE

4

PUFFS

Use their **blue or grey reliever inhaler (Ventolin®, Asmol®)**. Use a spacer if you have one.

One puff at a time:

- Shake the inhaler well. Remove the cap.
- Fire 1 puff into the spacer.
- Ask them to take 4 normal breaths in and out through the spacer.
- Repeat until 4 puffs have been given.

No spacer? Put the inhaler directly in their mouth.

Fire 1 puff. 4 breaths. Repeat x4.



ASTHMA OR ANAPHYLAXIS?

If the person is known to carry an **EpiPen® or Anapen®** and you're not sure which it is then use the **EpiPen FIRST**. Then give the reliever inhaler.

No inhaler of their own?

Use a first aid kit inhaler.

No harm is caused by giving a reliever inhaler to someone who doesn't have asthma.

WAIT

4

MINUTES



Watch them closely.
Are they getting better?

YES

Getting better? Keep monitoring. Give 4 more puffs if needed.

NO

No improvement? → Give 4 more puffs.

→ **CALL 000 NOW.**

KEEP GOING

Continue giving 4 puffs every 4 minutes until the ambulance arrives.

Do not stop. Do not leave them alone.



1

2

3