

ASTHMA ATTACK

If casualty is unconscious:

- Follow DRABCD
- 📞 **call 000 for an ambulance.**

If casualty is conscious:

1. Make casualty comfortable:

- help casualty into comfortable position—usually sitting upright and leaning forward
- ensure adequate fresh air
- tell casualty to take slow, deep breaths.

2. Help with administration of casualty's medication:

- give 4 puffs of a blue reliever inhaler—casualty takes a breath with each puff

- use a spacer if available: give 4 puffs, one at a time—casualty takes 4 breaths after each puff
- wait 4 minutes
- if no improvement, give another 4 puffs.

3. If attack continues:

- 📞 **call 000 for an ambulance**
- for a severe attack, until the ambulance arrives, keep giving:

children 4 puffs every 4 minutes

adults 6–8 puffs every 5 minutes

NOTE

Where permitted under local State or Territory regulations:

- use another person's reliever inhaler, or use one from a first aid kit to assist a casualty with a severe asthma attack.
- If someone is having difficulty breathing, but has not previously had an asthma attack, assist in giving 4 puffs of a reliever and continue with 4 puffs every 4 minutes if required, until an ambulance arrives.



You can purchase the Volumatic Spacer and Breath-a tech Spacer (for use with reliever and preventative inhalers) by contacting St John on 1300 136 455.