1. Sit the person upright
   - Be calm and reassuring
   - Do not leave them alone

2. Give 4 separate puffs of blue/grey reliever puffer
   - Shake puffer
   - Put 1 puff into spacer
   - Take 4 breaths from spacer
   Repeat until 4 puffs have been taken
   Remember: Shake, 1 puff, 4 breaths
   OR give 2 separate doses of a Bricanyl inhaler (age 6 & over) or a Symbicort inhaler (over 12)

3. Wait 4 minutes
   - If there is no improvement, give 4 more separate puffs of blue/grey reliever as above
   OR give 1 more dose of Bricanyl or Symbicort inhaler

4. If there is still no improvement call emergency assistance Dial Triple Zero
   - Say ‘ambulance’ and that someone is having an asthma attack
   - Keep giving 4 separate puffs every 4 minutes until emergency assistance arrives
   OR give 1 dose of a Bricanyl or Symbicort every 4 minutes - up to 3 more doses of Symbicort

Call emergency assistance immediately - Dial Triple Zero (000)
   - If the person is not breathing
   - If the person’s asthma suddenly becomes worse or is not improving
   - If the person is having an asthma attack and a reliever is not available
   - If you are not sure if it’s asthma
   - If the person is known to have Anaphylaxis - follow their Anaphylaxis Action Plan, then give Asthma First Aid

Blue/grey reliever medication is unlikely to harm, even if the person does not have asthma