



Asthma First Aid

For Salbutamol (eg. Ventolin® or Asmol®)

1



Keep calm and sit up straight

2



Have 4 doses of reliever inhaler

Use a spacer if possible, one dose into the spacer at a time, taking four breaths after each dose.

3



Wait 4 minutes

If there is no improvement, have four more separate doses of reliever inhaler as above.

4



If no improvement
call an ambulance (dial 000)

Keep giving four separate doses every four minutes until ambulance arrives

