Asthma first aid plan
for schools, preschools and childcare services

Sit person up
Reassure
Stay with person

Give blue/grey reliever puffer
4 puffs via spacer

Asthma relieved

Stop treatment

Observe
Resume activity

Inform emergency contacts

Asthma persists
after 4 minutes

Repeat reliever
4 puffs via spacer

Relief

Stop treatment

Cease physical activity
Observe

Inform emergency contacts

Severe breathing problems
Person looks blue

No relief

Call ambulance

Repeat reliever
4 puffs via spacer every 4 minutes until help arrives

Inform emergency contacts

Inform emergency contacts