<table>
<thead>
<tr>
<th>English</th>
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| **Top tips for...**
| Irish Pharmacy Union
| Asthma Society of Ireland
| Managing Asthma
| 1. Know the 5 STEP RULE for dealing with and asthma attack.
| 2. Take your MEDICATION as prescribed, even when you are well.
| 3. Use a written ASTHMA ACTION PLAN to help you manage your asthma.
| 4. Go for a regular ASTHMA REVIEW Adults – at least once a year Children – every 6-12 months
| 5. Have your INHALER TECHNIQUE checked regularly.
| 6. KNOW YOUR TRIGGERS and avoid them where possible.
| 7. Eat a health BALANCED DIET and EXERCISE REGULARLY
| 8. DO NOT SMOKE and ask people not to smoke around you.
| 9. Make sure you can tell when your asthma is GETTING WORSE so you can quickly get help from your GP or asthma nurse.
| 10. Call the Adviceline on 1800 44 54 64 to arrange a call back appointment with an asthma nurse or message us on WhatsApp on 086 059 0132
| **Asthma.ie**
| nurse@asthma.ie
| CHY number 6100
| **Symptoms of an asthma attack**
| **5 STEP RULE**
| **HOW TO DEAL WITH AN ASTHMA ATTACK**
| **Cough**
| 1. SIT UP AND STAY CALM DO NOT LIE DOWN
| **Wheeze**
| **Shortness of breath**
| 2. TAKE SLOW STEADY BREATHS
| 3. TAKE 1 PUFF OF RELIEVED INHALER USUALLY BLUE EVERY MINITUE USE A SPACER IF AVAILABLE People aged 6+ - up to 10 puffs in 10 mins Children UNDER 6 – UP TO 6 PUFFS in 10 mins
| **Chest tightness**
| 4. CALL 112 OR 999 IF YOUR SYMPTOMS DO NOT
<table>
<thead>
<tr>
<th>IMPROVE AFTER 10 MINUTES</th>
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<td>Lips turning blue</td>
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<tr>
<th>DIFFICULTY FINISHING SENTENCES</th>
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<tr>
<td>5. REPEAT STEP 3 IF AN AMBULANCE HAS NOT ARRIVED IN 10 MINUTES</td>
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<td>Or any combination of those.</td>
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<tr>
<th>IF SOMEONE HAS AN ASTHMA ATTACK:</th>
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<tr>
<td>- Do not leave them on their own.</td>
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<td>- Extra puffs of reliever inhaler (usually blue) are safe.</td>
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<table>
<thead>
<tr>
<th>THINGS THAT CAN SET ASTHMA OFF</th>
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<tbody>
<tr>
<td>Asthma.ie</td>
</tr>
<tr>
<td><a href="mailto:nurse@asthma.ie">nurse@asthma.ie</a></td>
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<tr>
<td>CHY number 6100</td>
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Other non-editable words from the source text (right after “THINGS THAT CAN SET ASTHMA OFF”):

- English
- Smoking
- Animals
- Exercise
- Colds & Flu
- Medicines
- Feelings
- Dust
- Pollens, grass, trees
- Cleaning products
- Sprays
- Mildew
- Foods/Drinks
- Weather
- Jobs