

English
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 MINUTE 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

IMPROVE AFTER 10 MINUTES
Lips turning blue
DIFFICULTY FINISHING SENTENCES
5. REPEAT STEP 3 IF AN AMBULANCE HAS NOT ARRIVED IN 10 MINUTES
Or any combination of those.
IF SOMEONE HAS AN ASTHMA ATTACK:
- Do not leave them on their own.
- Extra puffs of reliever inhaler (usually blue) are safe.
THINGS THAT CAN SET ASTHMA OFF
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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