

TOP TIPS FOR...

# MANAGING ASTHMA



**1** Know the **5 STEP RULE** for dealing with an asthma attack.

**2** Take your **MEDICATIONS** 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 to 12 months.

**5** Have your **INHALER TECHNIQUE** checked regularly.

**6** **KNOW YOUR TRIGGERS** and avoid them where possible.

**7** Eat a healthy **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 free 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**

# SYMPTOMS OF AN ASTHMA ATTACK



Cough



Short breath



Wheeze



Tight Chest



Difficulty talking



Blue lips

or any combination of these

## 5 STEP RULE



### HOW TO DEAL WITH AN ASTHMA ATTACK

If someone has  
an asthma attack:

- Do not leave them on their own.
- Extra puffs of reliever inhaler (usually blue) are safe.

1



Sit up and stay calm  
Do not lie down

2



Take slow steady breaths

3



1/MIN

Take 1 puff of reliever inhaler  
usually blue every minute

People aged 6+ — up to 10 puffs in 10 mins  
Children under 6 — up to 6 puffs in 10 mins

4



112/999

Call 112 or 999 if your symptoms  
do not improve after 10 minutes

5



Repeat Step 3 if an ambulance has  
not arrived in 10 minutes

## THINGS THAT CAN SET ASTHMA OFF



Smoking



Animals



Exercise



Colds/Flu



Medicines



Feelings



Dust



Pollens,  
grass, trees



Cleaning  
products



Sprays



Mildew  
or mould



Foods  
& drinks



Weather



Certain Jobs