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.

nurse@asthma.ie
CHY number 6100
SYMPTOMS OF AN ASTHMA ATTACK

Cough  | Short breath  | Wheeze  | Tight Chest

or any combination of these

5 STEP RULE
HOW TO DEAL WITH AN ASTHMA ATTACK

1. Sit up and stay calm
   Do not lie down

2. Take slow steady breaths

3. 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. 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
- Pollens, grass, trees
- Foods & drinks
- Weather
- Certain Jobs
- Cleaning products
- Feelings
- Dust
- Mildew or mould
- Sprays