

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