

# Asthma Attack

Follow the 5 Step Rule

If you are having an Asthma Attack Immediately Follow the 5 Step Rule

1. Take 2 puffs of reliever inhaler (usually blue), 1 puff at a time
2. Sit up and stay calm
3. Take slow steady breaths
4. If there is no improvement, take 1 puff of reliever inhaler every minute:
  - Adults and children over 6 years can take up to 10 puffs in 10 minutes
  - Children under 6 years can take up to 6 puffs in 10 minutes
5. **Call 999 or 112** if symptoms do not improve after 10 minutes or you are worried. Repeat step 4 if an ambulance does not arrive within 10 minutes.

**Remember if someone is having an asthma attack:**

- Extra puffs of reliever are safe
- Use a spacer if possible
- Don't lie them down or put your arm around them

# Emergency Asthma Information

**Signs of an asthma attack: Severe Cough, Wheeze, Shortness of breath, Chest tightness  
Or any combination of these**

Name:

Next  
of kin:

Ph:

GP:

Ph:

**Asthma Adviceline: 1850 44 54 64**

A Specialist Asthma Nurse is available Monday to Friday 10am to 1pm

[www.asthma.ie](http://www.asthma.ie) | [office@asthmasociety.ie](mailto:office@asthmasociety.ie)

