

SYMPTOMS OF AN ASTHMA ATTACK



Cough



Short breath



Wheeze



Tight Chest



Difficulty talking



Blue lips

or any combination of these

DONATE AT
asthma.ie

Follow us on



ASTHMA ADVICELINE

1800 44 54 64

BEATING BREATHLESSNESS WHATSAPP

086 059 0132



Call our

FREE ADVICELINE

to arrange an asthma
nurse appointment or
message our nurse on

WHATSAPP

Mon-Fri 9am-5pm



CHY no: 6100

5 STEP RULE

How to deal with an asthma attack

Scan this QR
to watch our
5 STEP RULE
video



Sit up and stay calm
Do not lie down



Take slow steady breaths



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



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



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

**If someone has an
asthma attack:**

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