



WINTER WELLNESS



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 manage your asthma.



4 Get an
ASTHMA REVIEW
and have your inhaler /
spacer technique checked
during the winter months.



5 Get your
FLU VACCINATION
from your GP
or pharmacist.



6 **COLD AIR**
can trigger asthma
symptoms - wear a snood
and wrap up when outside.



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 our
FREE ADVICELINE
to arrange an asthma
nurse appointment or
message our nurse on
WHATSAPP

asthma.ie



SCAN ME TO
DONATE

asthma.ie/donate
OR CALL 01 817 8886

CHY no: 6100

ASTHMA ADVICELINE

1800 44 54 64

BEATING BREATHLESSNESS WHATSAPP

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.



TRIGGERS

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



Hormones



Weather



Jobs