

Asthma Attack

Follow the 5 Step Rule

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

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

Asthma Adviceline: 1850 44 54 64

A Specialist Asthma Nurse is available Monday to Friday 10am to 1pm
www.asthma.ie | office@asthmasociety.ie

