



Asthma Emergency Plan

During an Asthma Attack follow the 5 Step Rule

1. Take two puffs of reliever inhaler (usually blue) immediately
2. Sit upright and stay calm
3. Take slow steady breaths
4. If there is no improvement take one puff of reliever inhaler every minute
 - You can take up to 10 puffs in ten minutes
 - Children under 6 years can take up to 6 puffs in ten minutes
5. **Call 999 or 112 if**
 - Symptoms do not improve after following steps 1- 4 or you are worried
 - If an ambulance does not arrive within 10 minutes repeat Step 4.

Symptoms

If your asthma is poorly controlled you may experience the following symptoms during exercise:

- Cough
- Wheeze
- Shortness of breath
- Chest discomfort or tightness
- Tiredness and difficulty keeping up with teammates

Exercise can trigger asthma symptoms depending on

The length of time you are active:

- The longer your training or exercise session, the more likely you are to experience asthma symptoms.

The intensity of the activity:

- Endurance sports, such as long distance running are more likely to cause asthma symptoms.

Your environment:

- High levels of pollen, mould and pollution in your training environment may trigger asthma symptoms.
- Chemicals, such as those found in swimming pools or ice skating rinks, may also trigger asthma symptoms.
- People with asthma are sensitive to cold and dry air. We usually breathe slowly through our nose which filters, warms and humidifies the air.

During exercise our breathing rate increases and we breathe more through our mouth. Asthma symptoms may be triggered by cold, dry air reaching the lower airways. Asthma symptoms are more likely in cold, dry environments, than in warm, moist environments.

Regulations for the use of certain medications in sport may vary depending on the relevant sporting authority. For this reason, it is important to check with the Irish Sports Council if a Therapeutic Use Exemption Certificate (TUE) is necessary. For more information visit www.irishsportsCouncil.ie

Other useful links

www.irishsportsCouncil.ie
www.swimireland.ie
www.gaa.ie
www.fai.ie
www.camogie.ie
www.athleticsireland.ie
www.irishrugby.ie
www.cyclingireland.ie





Top Tips for Exercising with Asthma

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1. Make sure that your coach and the people you exercise with know you have asthma.
2. Always have your reliever inhaler (usually blue) with you when you exercise.
3. Carry this card with you at all times when you exercise. Read the 5 Step Rule Asthma Emergency Plan (overleaf) and know what to do if you have an asthma attack.
4. Make sure that your asthma is well controlled by taking your medication, especially your controller, every day as prescribed by your healthcare professional.
5. Many people with asthma also suffer from allergic rhinitis. Taking the correct precautions to manage allergic rhinitis will improve your symptoms and help keep your asthma well controlled. For more information see the Asthma Society of Ireland's booklet Asthma and Allergic Rhinitis.
6. Keeping an up to date Asthma Management Plan will help you gain better control of your asthma.
7. Maintaining a good level of fitness means you will be able to exercise for longer without experiencing asthma symptoms. You should increase your fitness levels gradually and discuss this with your sports coach or trainer.
8. Avoid exercising in areas with high pollen levels or irritant gases (e.g. car exhaust fumes) especially when there is high humidity or strong winds.
9. If your asthma is triggered during exercise take your reliever inhaler 15-30 minutes before warming up. (2 puffs of a Metered Dose Inhaler or one puff from a Discus or Turbohaler)
10. Always warm up 15-20 minutes before exercising and warm down afterwards.

11. Make sure that you are adequately hydrated before, during and after sports or exercise.
12. If you are exercising alone, make sure someone knows where you are and what time you are due to return.

If you have asthma symptoms when you exercise STOP, take your reliever medication and wait 5 minutes until you can breathe easily and you are symptom free before starting again. If your symptoms do not stop or return when you start exercising again STOP and follow the Asthma Emergency Plan '5 Step Rule'.



Help Raise Vital Funds for Asthma!

To fundraise **email:** sponsor@asthmasociety.ie or
log on to www.asthmasociety.ie/support-us



Tel: 01 817 8886

Fax: 01 817 8878

Asthma Adviceline: 1850 44 54 64

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

Email: office@asthmasociety.ie

www.asthmasociety.ie

