

Asthma Attack

Follow the 5 Step Rule

This is an emergency - act now.

Follow the 5 steps below. If you are worried or not improving at any stage, call 112 or 999.

1. Stay calm. Sit up straight – do not lie down.
2. Take slow steady breaths.
3. Take one puff of your reliever inhaler (usually blue) every minute. Use a spacer if available.
 - People 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.
4. Call 112 or 999 if your symptoms do not improve after 10 minutes.
5. Repeat step 3 if an ambulance has not arrived in 10 minutes.

Remember if someone is having an asthma attack:

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

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:

See your GP within 24 hours of having an asthma attack

Asthma Adviceline: 1800 44 54 64

Call Monday – Friday 9am – 5pm to arrange an appointment to speak to an Asthma Nurse Specialist

www.asthma.ie | reception@asthma.ie



**ASTHMA
SOCIETY
OF IRELAND**