

Symptoms of an asthma attack:

COUGH | WHEEZE

**SHORTNESS OF
BREATH**

CHEST TIGHTNESS

LIPS TURNING BLUE

**DIFFICULTY FINISHING
SENTENCES**

or any combination of these.

THIS IS AN EMERGENCY - ACT NOW

**TURN OVER & FOLLOW THE 5 STEP RULE →
IF YOU ARE WORRIED OR NOT IMPROVING
AT ANY STAGE, CALL **112** OR **999**.**

Name

Next of kin

Next of kin's
contact number



Call our asthma adviceline on **1800 44 54 64**
to make an appointment with an asthma nurse.

5 STEP RULE

HOW TO DEAL WITH AN ASTHMA ATTACK

1



SIT UP AND STAY CALM
DO NOT LIE DOWN

2



TAKE SLOW STEADY BREATHS

3



TAKE 1 PUFF OF RELIEVER INHALER USUALLY BLUE **EVERY MINUTE** USE A SPACER IF AVAILABLE
PEOPLE AGED 6+ – UP TO 10 PUFFS IN 10 MINS
CHILDREN UNDER 6 – UP TO 6 PUFFS IN 10 MINS

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

IF SOMEONE HAS AN ASTHMA ATTACK:

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