

TOP TIPS FOR BEING...

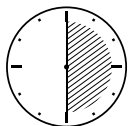
ACTIVE

WITH

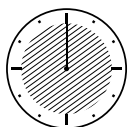
ASTHMA



Physical activity improves lung function and is an important part of a healthy lifestyle. Adults (aged 18+) should be active for at least 30 minutes a day 5 days a week and children and young people (aged 2-18) should be active for at least 60 minutes every day. Asthma symptoms shouldn't stop you taking part in sport or physical activity once you follow the Top Tips for being Active with Asthma.



Adults (18+)
30 mins per day
/ 5 days a week



Children & Young People (2-18)
60 mins every day

Maintain good asthma control by:

- Taking asthma medication as prescribed.
- Managing your asthma triggers.

Develop an asthma management plan with your healthcare professional.

Always warm up gently for approximately 15 minutes before more vigorous exercising and cool down afterwards.

This helps your body and in particular, your lungs, to get ready for the upcoming, more strenuous exercise..

Always have a reliever inhaler (usually blue) with you when you exercise.

If your asthma is triggered during exercise take your reliever inhaler approximately 15 minutes before warming up. (2 puffs of a Metered Dose Inhaler or one puff from a Discus or Turbohaler)

Tell people you have asthma.

- If you are exercising alone, make sure someone knows where you are and what time you are due to return.
- Make sure that your coach and the people you exercise with know you have asthma.

Carry an Asthma Attack Card with you at all times, especially when you exercise.

If your asthma is triggered by pollen, you may wish to:

- Check the pollen forecast at www.asthma.ie.
- Avoid exercising outside when the pollen count is high.
- Make sure you are taking the right medication to manage your hay fever as well as your asthma.

Wear a scarf or facemask in cold weather to help warm and humidify air.

Avoid exercising when you have a viral infection.

If it is very cold and you know cold air triggers your asthma, it might be better to choose indoor activities.

It may also be better to exercise indoors if humidity levels are high or there are strong winds.

Avoid exercising when pollution levels are high and try to pick a cleaner outdoor environment where possible.


e.g. run in the park rather than along a roadside.

IF YOU HAVE ASTHMA SYMPTOMS WHEN YOU EXERCISE...

PAUSE AND TAKE YOUR RELIEVER MEDICATION

IF YOUR SYMPTOMS DON'T STOP, FOLLOW THE

5 STEP RULE FOR DEALING WITH AN ASTHMA ATTACK

1  **TAKE TWO PUFFS OF RELIEVER INHALER, ONE PUFF AT A TIME**

2  **SIT UP & STAY CALM**

3  **TAKE SLOW STEADY BREATHS**

4  **IF THERE IS NO IMPROVEMENT TAKE 1 PUFF OF RELIEVER INHALER EVERY MINUTE**

5  **IF SYMPTOMS DON'T IMPROVE AFTER 10 MINUTES OR YOU ARE WORRIED CALL 999 OR 112**
Repeat step 4 if ambulance does not arrive within 5 minutes

ASTHMA INFORMATION FOR...

COACHES

AND

PE TEACHERS



Full participation in sport should be the goal for all except for those most severely affected by asthma. Coaches/teachers have an important role in supporting and encouraging people with asthma.

BEFORE TRAINING/PHYSICAL ACTIVITY

Make sure you know who has asthma.

Remind people with asthma that they may need to take their reliever medication approximately 15 minutes before their physical activity.

Discourage the use of aerosols and scents in changing rooms as these may trigger asthma symptoms.

Try to minimise exposure to other triggers such as dust, smoke and pollen.

Remind people with asthma to bring their reliever inhaler and spacer with them and to have access to them at all times.

Speak to parents of children/young people if you have concerns that a player has undiagnosed or poorly controlled asthma and advise them to visit their GP or call our asthma adviceline on 1800 44 54 64

Speak to parents or a GP to allay any concerns or fears about asthma and physical activity.

Always have a copy of the Asthma Attack Card with you during training sessions and an Asthma Attack Poster on display in the sports venue/ changing room.

DURING TRAINING/ PHYSICAL ACTIVITY

Ensure players always warm up before physical activity.

During physical activity try to avoid things that may trigger people's asthma (e.g. dust, smoke, pollen).

Be aware that someone's asthma may be more affected in cold, frosty weather.

Be encouraging and supportive to people with asthma.

Allow players to have a drink during activities.

Allow a person with asthma to sit out for five minutes if necessary and try to keep them involved as much as possible, for example you can involve them in refereeing, coaching or taking notes.

If someone has asthma symptoms (cough, wheeze, chest tightness or shortness of breath) while exercising they should stop the activity, take their reliever inhaler (usually blue) and wait at least five minutes, until they feel better before starting again.

Be aware that asthma symptoms will vary with changes in pollen counts and air temperature. As a result, asthma can be unpredictable.

During an Asthma Attack follow the Asthma Emergency Plan '5 Step Rule'.

Give people with severe asthma the opportunity to participate in team sports or activities that are less strenuous.

Always end a session with warm down exercises.

5 STEP RULE FOR DEALING WITH AN ASTHMA ATTACK

1



**TAKE TWO PUFFS OF
RELIEVER INHALER
(USUALLY BLUE)
ONE PUFF AT A TIME**

USE A SPACER IF POSSIBLE

A spacer helps deliver more treatment to the lungs than the simple inhaler, this is very important if you are experiencing an attack.

2



SIT UP & STAY CALM

Do not lie down or let someone put their arm around you.

3



**TAKE SLOW
STEADY BREATHS**

4



**IF THERE IS NO
IMPROVEMENT
TAKE 1 PUFF OF
RELIEVER INHALER
EVERY MINUTE**

**ADULTS & CHILDREN AGED 6+
UP TO 10 PUFFS IN 10 MINS**

**CHILDREN UNDER 6 YEARS
UP TO 6 PUFFS IN 10 MINS**

Extra puffs of the reliever inhaler are safe.

5



**IF SYMPTOMS DO
NOT IMPROVE AFTER
10 MINUTES OR
YOU ARE WORRIED
CALL 999 OR 112**

**Repeat step 4 if an ambulance
does not arrive within 5 minutes**