

KNOW YOUR SYMPTOMS CHART



✗ NO ● SOMETIMES ✓ COMMON

SYMPTOMS	ASTHMA	COPD	FLU	COLD	HAYFEVER	COVID-19
COUGH	●	✓	✓	✓	●	✓
SHORTNESS OF BREATH	●	✓	✗	✗	✗	✓
FEVER	✗	✗	✓	●	✗	✓
SORE THROAT	✗	✗	●	✓	✓	●
RUNNY/STUFFY NOSE	●	✗	●	✓	✓	●
FATIGUE	✗	●	✓	●	●	●
ACHES AND PAINS	✗	✗	✓	✓	✗	●
DIARRHOEA	✗	✗	●	✗	✗	●
HEADACHE	✗	✗	✓	●	●	●
SNEEZING	✗	✗	✗	✓	✓	✗



asthma.ie

CHY no: 6100



SCAN ME TO
DONATE

asthma.ie/donate
OR CALL 01 817 8886

ASTHMA ADVICELINE

1800 44 54 64

BEATING BREATHLESSNESS WHATSAPP

086 059 0132



Adviceline & Beating Breathlessness are not emergency services. Call 112 or 999 in an emergency.

SYMPTOMS OF AN ASTHMA ATTACK



Cough



Short breath



Wheeze



Tight Chest



Difficulty talking



Blue lips

or any combination of these

5 STEP RULE

How to deal with an asthma attack

If someone has
an asthma attack:

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



Scan this QR to watch our 5 STEP RULE video



Sit up and stay calm
Do not lie down



Take slow steady breaths



Take 1 puff of reliever inhaler
usually blue **every minute**

People aged 6+ — up to 10 puffs in 10 mins
Children under 6 — up to 6 puffs in 10 mins



Call 999 or 112 if your symptoms
do not improve after 10 minutes



Repeat Step 3 if an ambulance
has not arrived in 10 minutes

TRIGGERS

THINGS THAT CAN SET ASTHMA OFF



Smoking



Animals



Exercise



Colds/Flu



Medicines



Feelings



Dust



Pollens,
grass, trees



Cleaning
products



Sprays



Mildew
or mould



Foods
& drinks



Air
pollution



Hormones



Weather



Jobs