

TOP TIPS FOR MANAGING EXERCISE AND ASTHMA

1



Know the

5 STEP RULE

for dealing with an
asthma attack.

2



Take your reliever inhaler

15 - 30 MINUTES

before exercise.

3



Always carry your

RELIEVER INHALER

when you exercise.

4



MANAGE YOUR ALLERGIES

before you exercise, and avoid
exercising in high pollen areas.

5



Take your daily prescribed

ASTHMA MEDICATION

to keep it under control.

6



Tell people if you are

EXERCISING ALONE

7



HAVE AN ASTHMA ACTION PLAN

with you and keep it up to
date.

8



WARM UP 15 -20 MINUTES

before you exercise.

9



STAY HYDRATED

before/during and after
exercise.

10



Call Our Adviceline Number

1800 44 54 64

Or send a message to our
whatsapp service on

086 059 0132



SCAN ME TO
DONATE

asthma.ie/donate OR
CALL 01 817 8886



FREE ASTHMA ADVICELINE
1800 44 54 64

asthma.ie
CHY no: 6100

WHATSAPP SERVICE
086 059 0132

