

WINTER WELLNESS



TOP TIPS FOR MANAGING ASTHMA



Know the 5 STEP RULE

for dealing with an asthma attack.



Take your

MEDICATIONS

as prescribed, even when you are well.



ASTHMA
ACTION PLAN

to manage your asthma.



Get an

ASTHMA REVIEW

and have your inhaler / spacer technique checked during the winter months.



FLU VACCINATION

from your GP or pharmacist.



COLD AIR

can trigger asthma symptoms - wear a snood and wrap up when outside.



Eat a healthy

BALANCED DIET

and

EXERCISE REGULARLY



DO NOT SMOKE

and ask people not to smoke around you.



Make sure you can tell when your asthma is

GETTING WORSE

so you can quickly get help from your GP or asthma nurse.



Call our

FREE ADVICELINE

to arrange an asthma nurse appointment or message our nurse on

WHATSAPP

ASTHMA ADVICELINE

1800 44 54 64
BEATING BREATHLESSNESS WHATSAPP
086 059 0132





SCAN ME TO DONATE

asthma.ie/donate

SYMPTOMS OF AN ASTHMA ATTACK











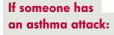


or any combination of these

Blue lips

5 STEP -RULE

How to deal with an asthma



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



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



Hormones



Weather



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