

TOP TIPS FOR MANAGING YOUR ASTHMA THIS WINTER



5 STEP RULE

Learn the five steps to follow in an asthma emergency.



MEDICATION

Take your controller (preventer) inhaler, even when you're feeling well.



ASTHMA ACTION PLAN

Make sure you're following an up-to-date Asthma Action Plan.



ASTHMA REVIEW

Schedule a check-up to review your asthma.



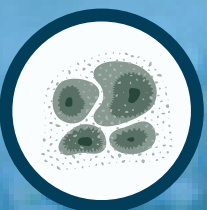
VACCINES

Talk to your GP or pharmacist about winter vaccines, e.g. flu, RSV, COVID-19.



WEATHER CHANGES

Wear a scarf over your nose and mouth in cold weather to warm the air you're breathing.



INDOOR MOULD

Open windows and air your home, especially if drying laundry indoors.



OPEN FIRES

Smoke and fumes from an open fire can trigger your asthma - remember to ventilate.



SMOKING/VAPING

Smoking/vaping and being around people who smoke/vape can trigger your asthma.



ASK AN EXPERT

Call our Adviceline or text us on WhatsApp for personalised advice on staying well this winter.



FREE ASTHMA ADVICELINE
1800 44 54 64

asthma.ie



WHATSAPP SERVICE
086 059 0132