

SYMPTOMS

OF AN ASTHMA ATTACK

COUGH

WHEEZE

DIFFICULTY
FINISHING
SENTENCES

SHORTNESS OF BREATH

CHEST TIGHTNESS

LIPS TURNING BLUE

OR ANY COMBINATION OF THESE.



5 STEP RULE



CALL OUR ASTHMA ADVICELINE ON
1800 44 54 64

TO MAKE AN APPOINTMENT
WITH AN ASTHMA NURSE.

asthma.ie

**THIS IS AN
EMERGENCY
ACT NOW**