



# Here is your Asthma Society of Ireland Asthma attack card

- **DON'T** put your arm around me or lie me down – this will restrict my breathing
- **LISTEN** to what I am saying – I have had attacks before
- **RELIEVER** medication is very safe. During an attack do not worry about overdosing



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[www.asthmasociety.ie](http://www.asthmasociety.ie)

What to do in an  
**ASTHMA ATTACK**  
A Pocket Guide

Name

Next of kin contact number

Medical contact number

### What to do with your asthma attack card

- Simply tear off the card and fill in your/your child's name and details.
- Give it to your child to keep with them at all times.
- Remember, this card can be carried by anyone with asthma.

### Why can it make such a difference

- This card contains simple information that could be life-saving in an attack.
- Carrying this card will ensure you, your child, friends and teachers know exactly what to do in an attack.

### How to get more information from the Asthma Society of Ireland:

- Ask an asthma nurse specialist - Asthma Helpline 1850 44 54 64, Tuesday – Thursday, from 10am to 1pm
- Request additional asthma attack cards or other materials – 01 8788511 or office@asthmasociety.ie
- Visit the Asthma Society of Ireland website – [www.asthmasociety.ie](http://www.asthmasociety.ie)

### Signs of an attack

These are my commonest signs of an attack:

- Coughing
- Being short of breath
- Wheezy breathing
- Feeling of tight chest
- Being unusually quiet
- Other

### What should you do?

- Keep calm – do not panic.
- Ensure the reliever (blue) inhaler is taken immediately.
- Loosen tight clothing
- Encourage me to breathe slowly and calmly

If no immediate improvement →

Continue to give me the reliever inhaler every minute for five minutes or until my symptoms improve

**CALL 999/112 or a doctor urgently if:**

- My symptoms do not improve in 5 minutes
- I am too breathless or exhausted to talk
- My lips are blue
- ...OR IF YOU ARE IN DOUBT