

Common Asthma Triggers in Exercise

- Cold air
- Long distance running
- Fitness test
- Chlorine in swimming pools
- Pollen (including grass cuttings)

Asthma Symptoms

- Coughing
- Shortness of breath
- Tightness in the chest
- Wheezing



For more information
about asthma
please call us on

1850 44 54 64

or visit us online at

www.asthmasociety.ie

**REACH
YOUR PEAK
WITH
ASTHMA**



**Top Tips on
Exercising
with Asthma**



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- 1** Be in control* – take your asthma medications, especially preventer medications, correctly and regularly
 - 2** Have regular reviews with your doctor/nurse and have a personal written Asthma Action Plan
 - 3** Make sure your coach/instructor/teacher knows that you have asthma
 - 4** Always have your reliever (blue) inhaler easily accessible with you when exercising
 - 5** If exercise triggers your asthma take your reliever inhaler immediately before you warm up
 - 6** Always warm up (15-20 mins) before exercise and warm down after exercise
 - 7** Identify your asthma “triggers” and try to avoid them
 - 8** Increase your fitness levels gradually
 - 9** If you have asthma symptoms when you exercise STOP, take your reliever inhaler and wait 5 minutes until breathing easily and symptom free before starting again
 - 10** Carry your reliever inhaler and an Asthma Attack Card with you AT ALL TIMES

** If your day-to-day asthma is well controlled you should not need to use your reliever inhaler more than twice a week*



What to do in an Asthma Attack

- Keep calm – do not panic
- Take the reliever (blue) inhaler immediately
- Sit up and loosen tight clothing
- Breathe slowly and calmly
- If no immediate improvement during an attack, continue to take one puff of reliever inhaler every minute for five minutes or until symptoms improve
- If symptoms do not improve in five minutes – or if you are in doubt – call 999 or 112 or a doctor urgently

Make sure someone stays with you until help arrives