

# REACH YOUR PEAK WITH ASTHMA

## Common Symptoms of Asthma

- Coughing
  - Shortness of breath
  - Tightness in the chest
  - Wheezing
- Symptoms vary from person to person and from time to time

## Common Triggers in Exercise

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

## Know Your Team!

- Who has Asthma?
- Have they brought their reliever medication?
- Have they completed an Asthma Attack Card?
- Are you familiar with inhalers and spacers?

## Top Tips to Manage Exercise Induced Asthma

- Always make sure the person uses their reliever inhaler (blue) immediately before they warm up
- Always start the session with warm-up exercises (15-20 mins)
- Avoid triggers if possible (see above)
- Always ensure that the person has brought their reliever medication and that it is easily accessible
- Always ensure that the person warms down after exercise

## What to do if a Player Experiences Asthma Symptoms During Exercise?

- Stop exercise
- Take reliever inhaler (blue)
- Do not restart exercise for 5 mins and only when they can breath easily and are free of symptoms

## If Symptoms Return When They Start Exercising Again

- Stop!
- Use inhaler as before
- Inform parent or guardian and suggest that they seek medical advice

For more information  
about asthma  
please call us on

**1850 44 54 64**

or visit us online at  
[www.asthmasociety.ie](http://www.asthmasociety.ie)

## What to do in an Asthma Attack

- Keep calm - do not panic
- Ensure the reliever (blue) inhaler is taken immediately
- Encourage the person to breathe slowly and calmly
- If no immediate improvement during an attack, continue to give 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 999/112 or a doctor urgently

**Do not leave the person alone**

