

Top Tips For...

Managing Your Child's Asthma



Know the

5 STEP RULE

for dealing with an asthma attack.



Ensure your child's

MEDICATIONS

are taken as prescribed, even when they are well.



Use a written

ASTHMA ACTION PLAN

to help manage your child's asthma.



Have your child's

ASTHMA REVIEW

every 6 to 12 months.



Have your child's

INHALER TECHNIQUE

checked regularly.



KNOW YOUR

CHILD'S TRIGGERS

and avoid them where possible.



Ensure your child eats a

BALANCED DIET & EXERCISES REGULARLY.



Your child should AVOID second hand

SMOKE/VAPE.



Understand when your child's Asthma is

GETTING WORSE

so you can quickly get help from your GP or nurse.



Call our FREE Asthma Adviceline service on

01800 44 54 64

or send a message to our Whatsapp service on

086 059 0132



SCAN ME TO
DONATE

asthma.ie/donate OR
CALL 01 817 8886



FREE ASTHMA ADVICELINE
1800 44 54 64

asthma.ie
CHY no: 6100

WHATSAPP SERVICE
086 059 0132

