

Exercise-induced Bronchoconstriction (EIB) Management Plan

Before Activity

- Use blue/grey reliever medication as prescribed 15 minutes before activity
- Warm up before planned activity

During Activity

If symptoms occur:

- Stop activity, give blue/grey reliever medication as prescribed
- Return to activity only if symptom free

During Activity

If symptoms reoccur:

- Stop activity, give blue/grey reliever medication as prescribed
- Cease activity (two strikes and out rule)

After Activity

- Cool down
- Be alert for symptoms
- **Notify emergency contacts of any incident**

Call emergency assistance immediately dial Triple Zero (000)

- If the person is not breathing
- If the person's asthma suddenly becomes worse, or is not improving
- If the person is having an asthma attack and a reliever is not available
- If you are not sure if it's asthma

Blue/grey reliever medication is unlikely to harm, even if the person does not have asthma



Asthma Foundation VIC

Contact the Asthma Foundation

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