

My Asthma Plan

1 My usual asthma medicines

- I need to take my preventer inhaler every day. It is called _____ and its colour is _____
- I take ___puff/s of my preventer inhaler in the morning and ___puff/s at night. I do this every day even if my asthma's OK.
- Other asthma medicines I take every day: _____
- My reliever inhaler helps when I have symptoms. It is called _____ and its colour is _____
- I take ___ puff/s of my reliever inhaler when I wheeze or cough, my chest hurts or it's hard to breathe.
- My best peak flow is _____



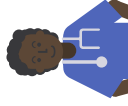
If I need my blue inhaler when I do sports or activity, I need to see my doctor or asthma nurse.

2 My asthma is getting worse if...

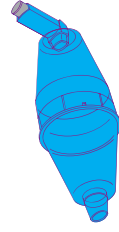
- I wheeze or cough, my chest hurts or it's hard to breathe **or**
- I need my reliever inhaler (usually blue) three or more times a week **or**
- My peak flow is less than _____ **or**
- I'm waking up at night because of my asthma (this is an important sign and I will book a next day appointment)

If my asthma gets worse, I will:

- Take my preventer medicines as normal
- And also take _____ puff/s of my blue reliever inhaler every four hours
- See my doctor or nurse within 24 hours if I don't feel better



URGENT! If your blue reliever inhaler isn't lasting four hours you need to take emergency action now (see section 3)



Remember to use my spacer with my inhaler if I have one.

(If I don't have one, I'll check with my doctor or nurse if it would help me)

Other things to do if my asthma is getting worse

3 I'm having an asthma attack if...

- My reliever inhaler isn't helping or I need it more than every four hours **or**
- I can't talk, walk or eat easily **or**
- I'm finding it hard to breathe **or**
- I'm coughing or wheezing a lot or my chest is tight/hurts **or**
- My peak flow is less than _____

If I have an asthma attack, I will:



Call for help



Sit up — don't lie down. Try to be calm.



Take one puff of my reliever inhaler (with my spacer if I have it) **every 30 to 60 seconds** up to a total of 10 puffs.



If I don't have my blue inhaler, or it's not helping, I need to call **999** straightaway.



While I wait for an ambulance I can use my blue reliever again, every 30 to 60 seconds (up to 10 puffs) if I need to.

Even if I start to feel better, I don't want this to happen again, so I need to see my doctor or asthma nurse **today**.

My Asthma Plan

I will see my doctor or asthma nurse at least once a year (but more if I need to)

Date my asthma plan was updated

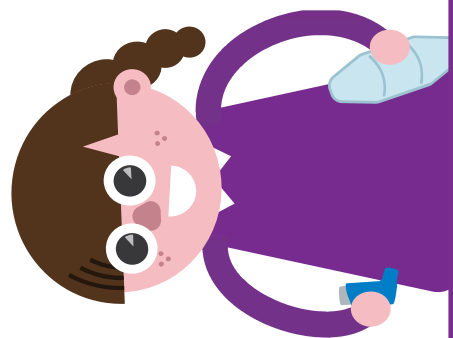
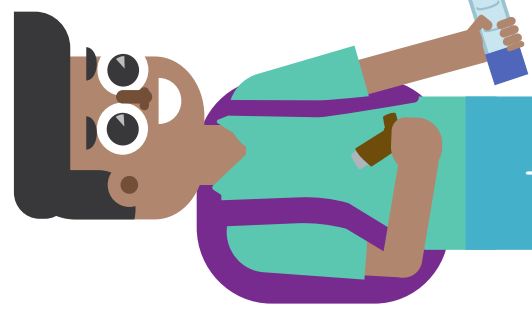
Date of my next asthma review:

Doctor/asthma nurse contact details:

My asthma triggers:
List the things that make your asthma worse so you can try to avoid or treat them

Your asthma plan tells you what medicines to take to stay well

And what to do when your asthma gets worse



Name: _____

Parents – get the most from your child’s action plan

- Take a **photo** and keep it on your mobile (and your child’s mobile if they have one)
- Stick a **copy** on your fridge door
- Share your child’s action plan with school

Learn more about what to do during an asthma attack
www.asthma.org.uk/advice/asthma-attacks

Questions? Ask Asthma UK’s nurses:

Call on  **0300 222 5800** (9am-5pm; Mon-Fri)
Or message on **WhatsApp** (over 16 only)  **07378 606 728** (9am-5pm; Mon-Fri)

Always keep your reliever inhaler (usually blue) and your spacer with you.

You might need them if your asthma gets worse.

