My Asthma Plan

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)

Other things to do if my

asthma is getting worse



Remember to use my spacer with my

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

inhaler if I have one.

9 9

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:



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 triggers:

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

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

You might need them if your asthma gets worse.



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:

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

Ouestions? Ask Asthma UK's nurses: Call on O 300 222 5800 (9am-5pm; Mon-Fri) Or message on WhatsApp (over 16 only) O 7378 606 728 (9am-5pm; Mon-Fri)

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asthma UK

Name:



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

> And what to do when your asthma gets worse

