



My Asthma Management Plan



My name is:



I use my **preventer** inhaler everyday to help reduce symptoms and prevent an asthma attack. It is this colour:

I need to take puffs times a day



I use my **reliever** inhaler when my chest is tight and I find it difficult to breathe. It is this colour:



I also take this medication to treat my asthma:



A **spacer** helps to get the medication from my inhaler to my lungs quicker. Do I need to use a spacer?

Yes

No

These things can trigger my asthma:



Animal fur



Pollen



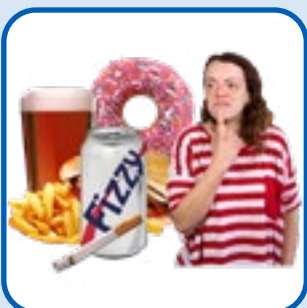
Pollution



Cigarette smoke



When I am unwell, for
example when I have a cold



Food or drink
Which food or drink?



Smells, like strong perfume
Which smells?



These things can also trigger my asthma:



My doctor's contact number is:



My asthma nurse's contact number is:



If my asthma is very bad and I find it
difficult to breathe I should call **999**

My Asthma is good



I feel good. I take my preventer inhaler every day.
I use my reliever inhaler when I need it (usually blue inhaler).



I am not waking up at night coughing or with breathing problems.



I do not feel breathless or have problems with my breathing.



Remember to use my spacer if I have one.

My Asthma is good



When my asthma is good I don't miss days off school or work because of my asthma



I do not have a cough that will not go away.



My chest is not tight.



Remember to use my spacer if I have one.

My Asthma is not good



I am feeling short of breath.



I am coughing more than normal.
My cough can wake me up at night or
stop me from sleeping.



My chest can feel tight.

If I have these symptoms, I should:



- Use my spacer if I have one
- Take my blue inhaler 1-2 puffs when I have symptoms.
- I take my blue inhaler 2 puffs morning, lunch time, tea time and bed time.
- I take my preventer (every day) inhaler puffs times a day.



Ask my GP or asthma nurse to see
me. I can contact them on:

If you need to take your blue inhaler more than 2 puffs every 4 hours, see the **RED** section of your plan.

If your breathing is very fast, see the **RED** section.

My Asthma is very bad



I am breathing fast.
I feel out of breath even when I sit still.
I am finding it hard to walk, talk, and breathe.



I cannot stop coughing.



My chest feels very tight. It is hard to breathe.

If I have these symptoms, I should:



Call for help

- Sit up, be calm. **I must not lie down.**
- Take 1 puff of my reliver inhaler (blue inhaler) every 30 to 60 seconds. Up to 10 puffs.



- Use my spacer if I have one.
- I can use my blue inhaler every 30-60 seconds while I wait for an ambulance (up to 10 puffs).



Call 999, go straight to hospital.