



## My asthma triggers

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

## 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 their school

Learn more about what to do during an asthma attack

[www.asthma.org.uk/child-asthma-attacks](http://www.asthma.org.uk/child-asthma-attacks)



If you have any questions, your parents can talk to our respiratory nurse specialists by **calling 0300 222 5800** or **messaging on WhatsApp on 07378 606 728** (Monday-Friday, 9am-5pm over 16 only).

## My asthma plan

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

And what to do when your asthma gets worse



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

You might need them if your asthma gets worse.



Name:



# 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.

**If I need my reliever inhaler (usually blue) when I do sports or activity, I need to see my doctor or asthma nurse.**



## 2 My asthma is getting worse if...

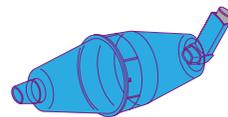
- I wheeze, cough, my chest hurts, or it's hard to breathe **or**
- I need my reliever inhaler (usually blue) three or more times a week **or**
- I'm waking up at night because of my asthma (this is an important sign and I will book a next day appointment).

### If my asthma gets worse, I will:

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



**URGENT!** If your 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 my doctor or nurse says I need to do if my asthma is getting worse (e.g. check my peak flow)

## 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.

### 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 reliever 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.**