1 My usual asthma medicines

- My preventer inhaler 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 I feel well.
- Other asthma medicines I take every day: __________________________________________________________
- My reliever inhaler 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 to do any sport 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 urgently if I don’t feel better within 24 hours

URGENT: “If your blue reliever inhaler isn’t lasting for four hours you are having an asthma attack and you need to take emergency action now (see section 3)”

Other things to do if my asthma is getting worse
- __________________________________________________________
- __________________________________________________________
- __________________________________________________________
- __________________________________________________________

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 tells you what medicines to take to stay well

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

You might need them if your asthma gets worse.

My asthma triggers:
List the things that make your asthma worse and what you can do to help

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

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

Questions? Ask Asthma UK’s nurses:
Call on
0300 222 5800 (9am-5pm; Mon-Fri)
Or message on WhatsApp
07378 606 728 (9am-5pm; Mon-Fri)

And what to do when your asthma gets worse