

My Asthma **Action** Plan

When my asthma is WELL CONTROLLED

- No regular wheeze, or cough or chest tightness at night time, on waking or during the day
- Able to take part in normal physical activity without wheeze, cough or chest tightness
- Need reliever medication less than three times a week (except if it is used before exercise)
- Peak Flow* above

What should I do?

Continue my usual treatment as follows:

Preventer

Reliever

Combination Medication

Always carry my reliever puffer

When my asthma is GETTING WORSE

- At the first sign of worsening asthma symptoms associated with a cold
- Waking from sleep due to coughing, wheezing or chest tightness
- Using reliever puffer more than 3 times a week (not including before exercise)
- Peak Flow* between and

What should I do?

Increase my treatment as follows:

See my doctor to talk about my asthma getting worse

When my asthma is SEVERE

- Need reliever puffer every 3 hours or more often
- Increasing wheezing, coughing, chest tightness
- Difficulty with normal activity
- Waking each night and most mornings with wheezing, coughing or chest tightness
- Feel that asthma is out of control
- Peak Flow* between and

What should I do?

Start oral prednisolone (or other steroid) and increase my treatment as follows:

See my doctor for advice

How to recognise LIFE-THREATENING ASTHMA

Dial 000 for an ambulance and/or 112 from a mobile phone if you have any of the following danger signs:

- extreme difficulty breathing
 - little or no improvement from reliever puffer
 - lips turn blue
- and follow the Asthma First Aid Plan below while waiting for ambulance to arrive.

A serious asthma attack is also indicated by:

- symptoms getting worse quickly
- severe shortness of breath or difficulty in speaking
- you are feeling frightened or panicked
- Peak Flow* below

Should any of these occur, follow the Asthma First Aid Plan below.

Asthma First Aid Plan

- 1 Sit upright and stay calm.
- 2 Take 4 separate puffs of a reliever puffer (one puff at a time) via a spacer device. Just use the puffer on its own if you don't have a spacer. Take 4 breaths from the spacer after each puff.
- 3 Wait 4 minutes. If there is no improvement, take another 4 puffs.
- 4 If little or no improvement **CALL AN AMBULANCE IMMEDIATELY (DIAL 000 and/or 112 from mobile phone)** and state that you are having an asthma attack. Keep taking 4 puffs every 4 minutes until the ambulance arrives.

See your doctor immediately after a serious asthma attack.

Dr name: Ph..... Signature.....
 Parent/Carer Ph.....

Name:..... Date:..... Best Peak Flow*:..... Next Doctor's Appointment:.....

* Not recommended for children under 12 years

