

# 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.
- 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...

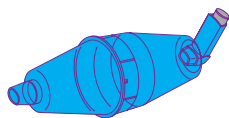
- I wheeze or cough, my chest hurts or it's hard to breathe **or**
- I need my reliever inhaler (usually blue) three or more times a week **or**
- My peak flow is less than \_\_\_\_\_ **or**
- I'm waking up at night because of my asthma (this is an important sign and I will book a next day appointment)

### 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)



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 to do if my asthma is getting worse

---



---



---



---



---

## 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:



**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

## 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:

---

---

---

---

---

---

---

---

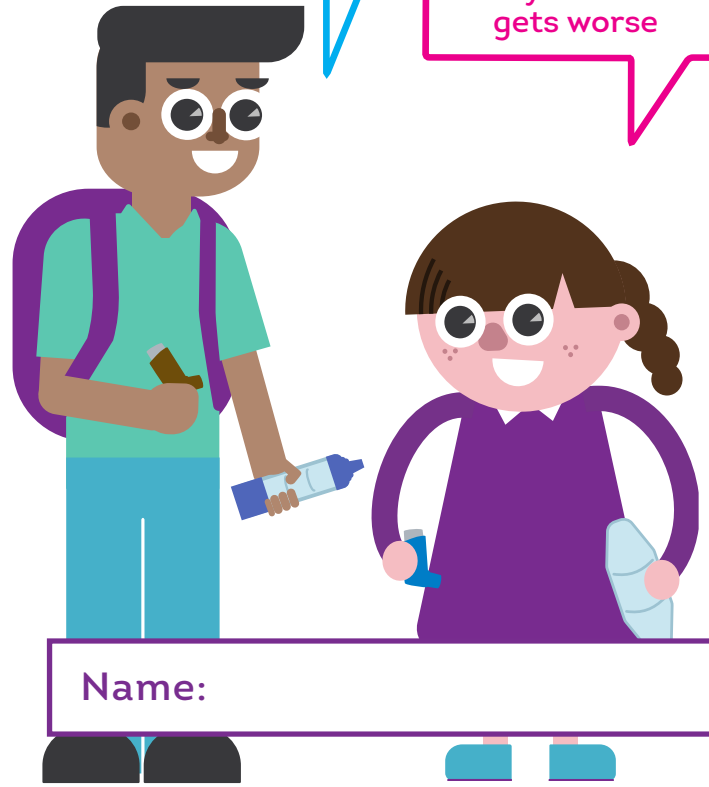
## Parents – get the most from your child’s action plan

- **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 school

Learn more about what to do during an asthma attack [www.asthma.org.uk/advice/asthma-attacks](http://www.asthma.org.uk/advice/asthma-attacks)

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

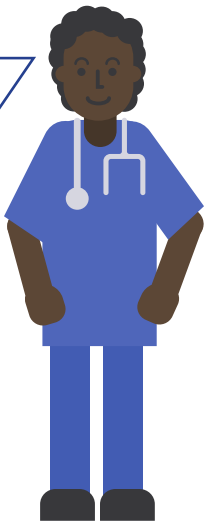
And what to do when your asthma gets worse



Name: \_\_\_\_\_

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

You might need them if your asthma gets worse.



## Questions? Ask Asthma UK’s nurses:

Call on  
**0300 222 5800** (9am–5pm; Mon–Fri)

Or message on **WhatsApp** (over 16 only)  
**07378 606 728** (9am–5pm; Mon–Fri)

The Asthma UK and British Lung Foundation Partnership is a company limited by guarantee 01863614 (England and Wales). VAT number 648 8121 18. Registered charity in England and Wales (326730), Scotland (SC038415) and the Isle of Man (1177). Registered office: 18 Mansell Street, London, E1 8AA. Last reviewed 2021; next review 2024