



Explanation of different treatments

PREVENTERS

Work by reducing the amount of swelling and mucous in the airways.

It is important to take this medication regularly, even when you feel well.

RELIEVERS

Open the airways and make it easier to get air in and out of the lungs.

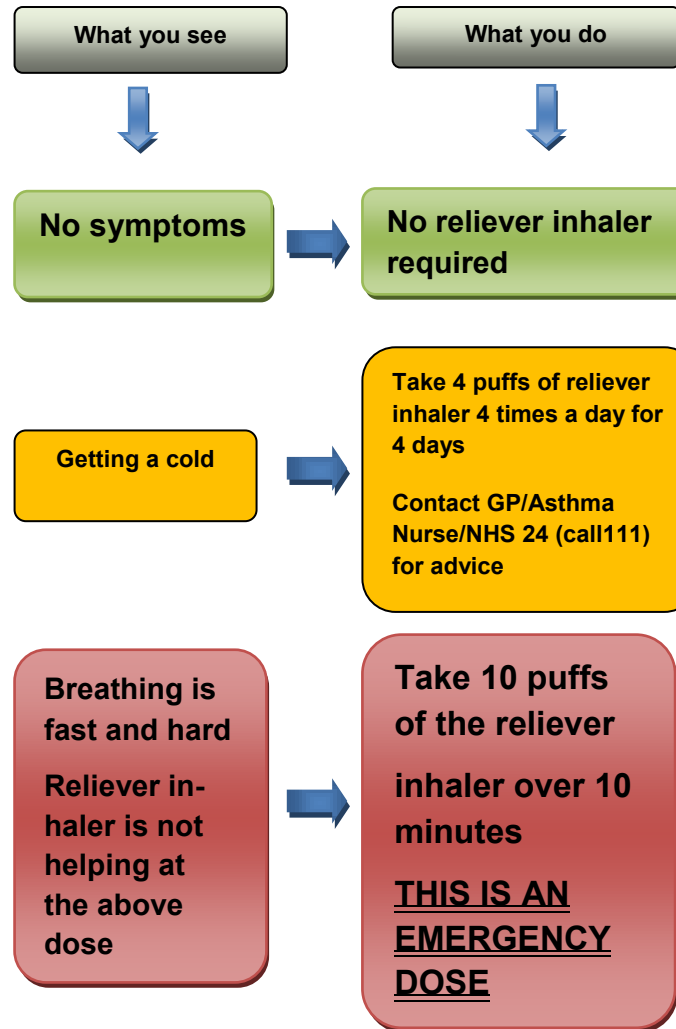
This helps to relieve the symptoms and help you feel better.

PROTECTORS

Are medications that reduce asthma symptoms over a longer period of time than relievers.

They are taken regularly (like preventers)

Action plan for any wheezy episode



If you need to repeat the emergency dose within 4 hours or feel you have to give it twice in 24 hours at home, you need to seek urgent medical advice.

If your child cannot talk, is gasping for breath or any change in colour YOU MUST PHONE 999 FOR AN AMBULANCE and continue to give 1 puff of their reliever inhaler every minute until help arrives.

MY ASTHMA PLAN

Name:

Dr/GP/Asthma Nurse:

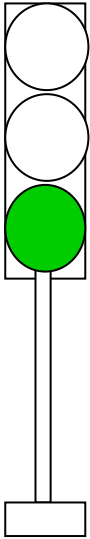
My daily asthma medications are:

- 1.
- 2.
- 3.
- 4.
- 5.

My Asthma triggers:

(write down what makes your asthma worse so you can stay away from them)

GREEN ZONE



My best peak flow is

My preventer inhaler is called :

I take puff/s of my preventer inhaler in the morning and puff/s at night.

I DO THIS EVERY DAY EVEN WHEN I FEEL WELL

My reliever inhaler is called:

I take puff/s of my reliever inhaler when I wheeze or cough, my chest hurts or it's hard to breathe .

Does playing, running or doing PE normally make you cough or hard to breathe?



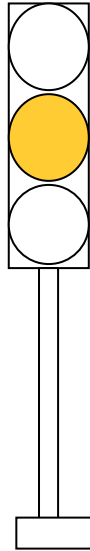
If yes I take

Puff/s of my reliever inhaler 15-20 mins before I start



REMEMBER TO TAKE YOUR INHALER WITH A SPACER IF YOU HAVE ONE

YELLOW ZONE



I will know my asthma is getting worse if:

- I have a cough, wheeze, it's hard to breathe or my chest hurts
- I wake up at night because of my asthma often with cough
- I am taking my reliever inhaler every day
- My peak flow is less than



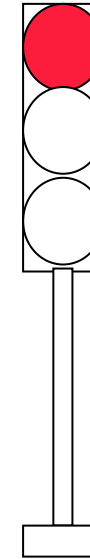
When this happens:

I keep taking my preventer inhaler as normal

And also take puff/s of my reliever inhaler 4 times per day for 4 days

If I am not getting any better I should see my doctor/asthma nurse/NHS 24 (call 111)

RED ZONE



What to do when I have an asthma attack:

I am having an asthma attack if:

- My reliever inhaler is not helping, OR
- I can't talk or walk easily, OR
- I am breathing fast & hard, OR
- I am coughing & wheezing a lot, OR
- My peak flow is below

When this happens: I will take 1 Puff of my reliever inhaler every minute (max of 10puffs) until I feel better.

THIS MUST LAST 4 HOURS



I am feeling better but I don't want this to happen again so I need to see my doctor or my asthma nurse



I still don't feel better and I have taken 10 puffs



Call 999 straight away if I wait more than 15 minutes I take 1 puff of my reliever inhaler every minute until help arrives