



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



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...

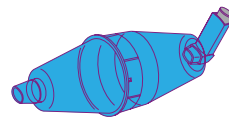
- I wheeze, cough, my chest hurts, or it's hard to breathe **or**
- I need my reliever inhaler (usually blue) three or more times a week **or**
- I'm waking up at night because of my asthma (this is an important sign and I will book a next day appointment).

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.