



## My triggers are:

 House dust mites

 Viruses like colds and flu


 Changes in weather


 Animal fur


 Feathers

 Foods

 Exercise

 Upset, distress and strong emotions like fear, stress and excitement

 Smoke from fires

 Smoke from cigarettes

Other

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## IMPORTANT

**Always take your treatment as directed by your doctor or nurse**

Please remember to bring your medications, spacer and asthma plan when you visit your doctor or nurse.

### Additional Information or Advice

### Useful Websites



Asthma and Lung UK  
[asthmaandlung.org.uk](http://asthmaandlung.org.uk)



Moving on Asthma  
[movingonasthma.org.uk](http://movingonasthma.org.uk)



Pollution Forecast  
[uk-air.defra.gov.uk/forecasting/](http://uk-air.defra.gov.uk/forecasting/)




South Yorkshire





Children & Young People's Alliance

# My AIR Asthma Action Plan

AIR = Anti-Inflammatory Reliever


 Name \_\_\_\_\_

 Asthma/practice nurse name \_\_\_\_\_

 Consultant /Doctor name \_\_\_\_\_

 Date issued \_\_\_\_\_

 Date of next review \_\_\_\_\_

 How to contact your asthma team \_\_\_\_\_

## GREEN Zone

- ✓ My Asthma is good if I:
- Have no cough
  - Have no wheeze
  - Can play or exercise as usual
  - Am sleeping well
  - Am not missing school / college because of my asthma



- ✓ To keep my Asthma under control I:
- Carry my AIR inhaler with me every day so I can use it if I get asthma symptoms.

My AIR inhaler is:

- I take 1 puff of my AIR inhaler as needed if I get asthma symptoms.
- If my symptoms have not improved after a few minutes I can take another puff.

- ✓ I can continue to use my AIR inhaler as needed if I:

- Have few or no asthma symptoms during the day, and none at night
- Only need to use my AIR inhaler occasionally as advised by my doctor or nurse.

Other medicines I take for asthma are:

If I am regularly needing puffs of my AIR inhaler or my asthma is getting worse:

**MOVE TO THE AMBER ZONE**

## AMBER Zone

- ✗ My Asthma is not good if I:
- Cough especially at night
  - Wheeze
  - Have a tight chest
  - Feel breathless
  - Can't play or exercise or it is harder to play or exercise
  - Have difficulty sleeping



**If I regularly need to use my AIR inhaler, or asthma is interfering with normal activities or sleep, my asthma is not well controlled. I should ask my asthma nurse or GP for an asthma review.**

- ✓ If my Asthma is not good:

- I can take 1 puff of my AIR inhaler as needed
- I can take up to a maximum of 8 puffs throughout the day
- I must seek urgent medical advice if I ever need to take 8 or more puffs in a day even if I am feeling better

If my AIR inhaler is still not helping, it is not lasting 4 hours or I am getting worse I am having an asthma attack:

**MOVE TO THE RED ZONE**

## RED Zone

- ✗ I am having an asthma attack if:
- My AIR inhaler isn't helping or is not lasting 4 hours
  - I am struggling to breathe
  - I am coughing a lot
  - I am unable to walk
  - I am unable to speak in full sentences
  - I feel tight in my chest and wheezy



**Seek emergency help**

- ✓ Ask your care giver, family or friends to help you go through these steps:
- Sit upright and keep calm
  - Loosen tight clothing
  - Take 1 puff of your AIR inhaler
  - Wait a few minutes, if there is no improvement in symptoms take another puff
  - Repeat this up to a maximum of 6 puffs

- ✓ **OR**

- If I (or my school) have a Blue Emergency Salbutamol inhaler:
- I can take 1 puff with a spacer every 30-60 seconds (up to 10 puffs) until help arrives
  - If after 10 minutes help has not arrived, I can repeat the step above

**If help does not arrive call 999 again**

Even if my symptoms improve I should see my doctor or asthma nurse immediately after an asthma attack