

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

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



Moving on Asthma
movingonasthma.org.uk



Pollution Forecast
uk-air.defra.gov.uk/forecasting/



South Yorkshire



Children & Young People's Alliance

My MART Asthma Action Plan

MART = Maintenance and Reliever Therapy



Name _____



Asthma/practice nurse name _____



Consultant /Doctor name _____



Date issued _____



Date of next review _____



How to contact your asthma team _____



South Yorkshire
Integrated Care Board

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:

- Take my normal treatment every day even when I feel well.
- Use the same inhaler as a preventer and as a reliever.

My MART inhaler is:

I take puff(s) in the morning

And puffs(s) at night

I use my MART inhaler as my reliever inhaler if I get asthma symptoms:

- I take one extra puff of my MART inhaler as needed
- I should rarely need extra puffs of my MART inhaler if my asthma control is good.

Other medicines I take for asthma are:

If I am regularly needing extra puffs of my MART 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
- Need extra MART doses more than 3 times a week



If I need extra puffs of MART 3 or more times a week, 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:

Must continue taking my normal treatment every day **AND:**

- I can take 1 puff of my MART inhaler as needed
- I can take up to a maximum of puffs throughout the day (including my regular morning and night puffs)
- I must seek urgent medical advice if I ever need to take or more puffs in a day even if I am feeling better

If my MART 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 MART 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 MART inhaler
- Wait a few minutes, if there is no improvement in symptoms take another puff
- Repeat this up to a maximum of 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