



## 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

☐

List other triggers which make your asthma worse

.....

.....

## To get the most out of this plan



Take a photo



Stick it on the fridge



A copy of this plan is available to download from the Healthier Together website:

[sybhealthiertogether.nhs.uk/parents/carers/easy-asthma](https://sybhealthiertogether.nhs.uk/parents/carers/easy-asthma)

## School



Let your school know you have asthma



Make sure you have a reliever inhaler and spacer available in school

# IMPORTANT

**It is important to take your treatment as directed by your doctor or nurse.**

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

## Additional Information or Advice

South Yorkshire



Children & Young People's Alliance



# My Asthma Plan



Name

\_\_\_\_\_



Asthma/practice nurse name

\_\_\_\_\_



Consultant /Doctor name

\_\_\_\_\_



Date issued

\_\_\_\_\_



Date of next review

\_\_\_\_\_



How to contact your asthma team

\_\_\_\_\_

**NHS**  
South Yorkshire  
Integrated Care Board

Version 2.1 Date created 08/2024



## 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 need to take my treatment every day.:

Preventer:

Additional Medication:

Reliever:

I only need my reliever inhaler very occasionally.



### Parents / Carers

Your child is at risk of a life threatening attack if they do not take their medications as prescribed.

If I am regularly needing extra puffs of my reliever 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 my reliever more than 3 times a week



I must continue taking my regular daily medicines and also start taking:



2 to 6 puffs of my reliever

(1 puff at a time)

every 4 hours using the spacer.



### Parents / Carers

If your child still feels unwell after 24 hours, you need to make an URGENT appointment with your GP Practice or Out of Hours.

If the blue inhaler is not lasting for 4 hours,

**MOVE TO THE RED ZONE**



## RED Zone



I am having an asthma attack if:

- 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



If I am needing my reliever more often than 4 hourly I should tell an adult immediately

I must take 1 puff of my reliever every 30 to 60 seconds up to 10 puffs

**If there is no improvement by 10 minutes I must:**



**Seek emergency help**



Ask your care giver, family or friends to help you go through these steps:

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

**When your asthma is well controlled, you are likely to need less than 3 reliever inhalers per year.**