

## My triggers are:

-  Colds / Viruses
-  Weather changes
-  Cigarette smoke
-  Air pollution
-  Dust mites
-  Pollen
-  Exercise

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:  
<https://sybhealthiertogether.nhs.uk/parentscarers/easy-asthma>

## School

-  Let your school know you have asthma
-  Make sure you have a reliever inhaler and spacer available in school



**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

**NHS**

**South Yorkshire**  
Integrated Care Board

## My Asthma plan



Your Name

Asthma/Practice Nurse Name

Consultant Name

Date issued

Date of next review

How to contact your Asthma Team



## My Asthma is good if I:

-  Have no cough
-  Have no wheeze
-  Can play or exercise as usual
-  Am sleeping well
-  Am going to school

**To keep my Asthma under control, I need to take my treatment every day.**

**Preventer:**

**Preventer:**

**Preventer:**

**I only need my inhaler very occasionally**



**Parent(s) / Caregiver(s)**

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

## My Asthma is not as good if I:

-  Cough especially at night
-  Wheeze
-  Have chest tightness
-  Feel breathless
-  Am unable to play
-  Have difficulty sleeping
-  Need my reliever inhaler 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

If the reliever inhaler is not lasting for 4 hours, move to the red plan NOW!



Spacer

**Parent(s) / Caregiver(s)**

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

## I am having an Asthma attack if:

-  I am struggling to breath
-  I am coughing a lot
-  I feel tight in my chest and wheezy
-  I am unable to walk
-  I am unable to speak in full sentences

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

I must take one puff of my reliever every 30-60 seconds up to 10 puffs.

**If there is no improvement by 10 minutes, I must seek emergency medical advice (dial 999).**

Continue to take 10 puffs of the reliever inhaler every 10 minutes till the ambulance arrives.

Even if I start feeling better, I should see my doctor or nurse today.



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