











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



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