



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:
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/GP 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:

Additional Medication:

Reliever:

I only need my reliever inhaler very occasionally.



Parents/Caregivers

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 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 blue inhaler is not lasting for 4 hours, move to the red plan **NOW!**



Parents/Caregivers

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



I am having an asthma attack if:

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

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 medical help (dial 999).

While I wait for an ambulance, I can continue to use my reliever again every 30 - 60 seconds (up to 10 puffs).

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.