My triggers are:

| | House dust mites | |
|------------------------|--|------|
| | Viruses like colds and flu | |
| ash. | Changes in weather | |
| | Animal fur | |
| | Feathers | |
| | Foods | |
| 4 | 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



People's Alliance

My AIR Asthma Action Plan

AIR = Anti-Inflammatory Reliever



Name



Asthma/practice nurse name



Consultant /Doctor name



Date issued



Date of next review

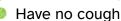


How to contact your asthma team

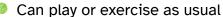


GREEN Zone



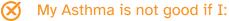






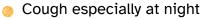
Am not missing school / college because of my asthma



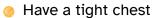




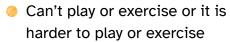
AMBER Zone











Have difficulty sleeping







If I regularly need to use my AIR inhaler, 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.



- I can take 1 puff of my AIR inhaler as needed
- I can take up to a maximum of 8 puffs throughout the day
- I must seek urgent medical advice if I ever need to to take 8 or more puffs in a day even if I am feeling better

If my AIR 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







To keep my Asthma under control I:

Carry my AIR inhaler with me every day so I can use it if I get asthma symptoms.

My AIR inhaler is:

- I take 1 puff of my AIR inhaler as needed if I get asthma symptoms.
- If my symptoms have not improved after a few minutes I can take another puff.



- Have few or no asthma symptoms during the day, and none at night
- Only need to use my AIR inhaler occasionally as advised by my doctor or nurse.

Other medicines I take for asthma are:

If I am regularly needing puffs of my AIR inhaler or my asthma is getting worse:

MOVE TO THE AMBER ZONE

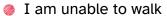
RED Zone

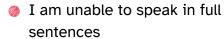


I am having an asthma attack if:



- My AIR inhaler isn't helping or is not lasting 4 hours
- I am struggling to breathe
- I am coughing a lot







I feel tight in my chest and wheezy



Seek emergency help



- Sit upright and keep calm
- Loosen tight clothing
- Take 1 puff of your AIR inhaler
- Wait a few minutes, if there is no improvement in symptoms take another puff
- Repeat this up to a maximum of 6 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