My triggers are:

	House dust mites		
	Viruses like colds and flu		
a.i.	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

South Yorkshire



My MART Asthma Action Plan

People's Alliance

MART = Maintenance and Reliever Therapy



Name



Asthma/practice nurse name



Consultant /Doctor name



Date issued



Date of next review



How to contact your asthma team

Useful Websites



Asthma and Lung UK asthmaandlung.org.uk

Moving on Asthma









Pollution Forecast uk-air.defra.gov.uk/ forecasting/





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:

- Take my normal treatment every day even when I feel well.
- Use the same inhaler as a preventer and as a reliever.

My MART inhaler is:	
viy MAKT IIIIater 15.	

I take puff(s) in the morning And puffs(s) at night

I use my MART inhaler as my reliever inhaler if I get asthma symptoms:

- I take one extra puff of my MART inhaler as needed
- I should rarely need extra puffs of my MART inhaler if my asthma control is good.

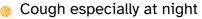
Other medicines I take for asthma are:

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

MOVE TO THE AMBER ZONE

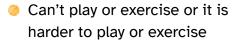
AMBER Zone







- Have a tight chest
- Feel breathless





- Have difficulty sleeping
- Need extra MART doses more than 3 times a week



If I need extra puffs of MART 3 or more times a week, 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.



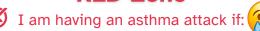
Must continue taking my normal treatment every day AND:

- I can take 1 puff of my MART inhaler as needed
- I can take up to a maximum of 8 puffs throughout the day (including my regular morning and night puffs)
- 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 MART inhaler is still not helping, it is not lasting 4 hours or I am getting worse I am having an asthma attack:

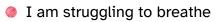
MOVE TO THE RED ZONE

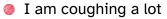
RED Zone

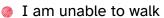




My MART inhaler isn't helping or is not lasting 4 hours







I am unable to speak in full sentences



I feel tight in my chest and wheezy



Seek emergency help



- Sit upright and keep calm
- Loosen tight clothing
- Take 1 puff of your MART 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