# My triggers are:

	House dust mites	
	Viruses like colds and flu	
	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

movingonasthma.org.uk









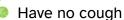
**Pollution Forecast** uk-air.defra.gov.uk/ forecasting/

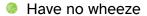


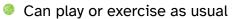


#### **GREEN Zone**





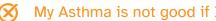




Am sleeping well

Am not missing school / college because of my asthma



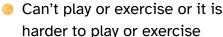






Have a tight chest

Feel breathless





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.

## If my Asthma is not good I:

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:

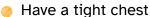
MOVE TO THE RED ZONE

### **AMBER Zone**

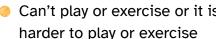




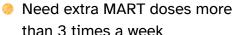
Cough especially at night





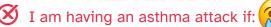


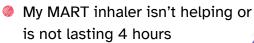


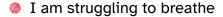


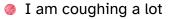


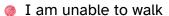
## **RED Zone**











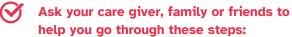
I am unable to speak in full sentences



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

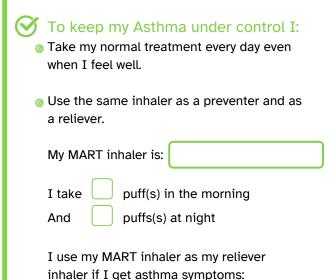
If I (or my school) have a Blue Emergency Salbutamol inhaler:

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



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

Other medicines I take for asthma are:

I take one extra puff of my MART

I should rarely need extra puffs of my

MART inhaler if my asthma control is

inhaler as needed

good.

**MOVE TO THE AMBER ZONE**