

# My Asthma **Action** Plan

## When my asthma is WELL CONTROLLED

- No regular wheeze, or cough or chest tightness at night time, on waking or during the day
- Able to take part in normal physical activity without wheeze, cough or chest tightness
- Need reliever medication less than three times a week (except if it is used before exercise)
- Peak Flow\* above

### What should I do?

#### Continue my usual treatment as follows:

**Preventer**

**Reliever**

**Combination Medication**

**Always carry my reliever puffer**

## When my asthma is GETTING WORSE

- At the first sign of worsening asthma symptoms associated with a cold
- Waking from sleep due to coughing, wheezing or chest tightness
- Using reliever puffer more than 3 times a week (not including before exercise)
- Peak Flow\* between  and

### What should I do?

#### Increase my treatment as follows:

**See my doctor to talk about my asthma getting worse**

## When my asthma is SEVERE

- Need reliever puffer every 3 hours or more often
- Increasing wheezing, coughing, chest tightness
- Difficulty with normal activity
- Waking each night and most mornings with wheezing, coughing or chest tightness
- Feel that asthma is out of control
- Peak Flow\* between  and

### What should I do?

#### Start oral prednisolone (or other steroid) and increase my treatment as follows:

**See my doctor for advice**

## How to recognise LIFE-THREATENING ASTHMA

**Dial 000 for an ambulance and/or 112 from a mobile phone if you have any of the following danger signs:**

- extreme difficulty breathing
  - little or no improvement from reliever puffer
  - lips turn blue
- and follow the Asthma First Aid Plan below while waiting for ambulance to arrive.

**A serious asthma attack** is also indicated by:

- symptoms getting worse quickly
- severe shortness of breath or difficulty in speaking
- you are feeling frightened or panicked
- Peak Flow\* below

Should any of these occur, follow the Asthma First Aid Plan below.

### Asthma First Aid Plan

- 1 Sit upright and stay calm.
- 2 Take 4 separate puffs of a reliever puffer (one puff at a time) via a spacer device. Just use the puffer on its own if you don't have a spacer. Take 4 breaths from the spacer after each puff.
- 3 Wait 4 minutes. If there is no improvement, take another 4 puffs.
- 4 If little or no improvement **CALL AN AMBULANCE IMMEDIATELY (DIAL 000 and/or 112 from mobile phone)** and state that you are having an asthma attack. Keep taking 4 puffs every 4 minutes until the ambulance arrives.

**See your doctor immediately after a serious asthma attack.**

Dr name: ..... Ph..... Signature.....

Parent/Carer ..... Ph.....

Name: ..... Date: ..... Best Peak Flow\*: ..... Next Doctor's Appointment: .....

\* Not recommended for children under 12 years

