

My triggers are:

Common triggers are:

- Viruses
- Changes in weather
- House dust mites
- Animal fur, feathers and their bedding
- Foods
- Exercise
- Upset, distress and emotions
- Smoke - cigarettes and fires



Additional comments:

Your Asthma nurse's name
and telephone number:

Your doctor's name and
telephone number:



Asthma Management Plan for

Best Peak Flow _____

Date _____

Recommended websites

www.beatasthma.co.uk

Asthma UK at:
www.asthma.org.uk

please take this with you
when you visit the doctor
or asthma nurse

Green Zone - Good



Your asthma is under control if:

- your breathing feels good
- you have no cough or wheeze
- your sleeping is not disturbed by coughing
- you are able to do your usual activities
- you are not missing school
- if you check your Peak Flow, it is around your best

Peak Flow: Best

Green Zone Action - take your normal medicines

Preventer

Others

Reliever

REMEMBER: take your BLUE reliever inhaler **every 4 hours** when you start a cold and before you are exposed to any of your triggers (see your list).

If there is no improvement in your symptoms, move to the **Amber Zone**.

Amber Zone - Warning



Your asthma is getting worse if:

- you wake at night with cough or wheeze
- you have a cough, wheeze or 'tight' chest
- you need your blue inhaler more than usual
- your reliever is not lasting four hours
- your Peak Flow is down by about a third

Peak Flow: 1/3 down:

Amber Zone Action - continue your normal medicines AND

- take **6-10 puffs** of the BLUE inhaler, using your spacer, 1 puff at a time
- you can do this every 4 hours but you must make an appointment at your GP surgery within the next 24 hours
- if you need to do this more than every 4 hours, you must see your GP today or go to A&E
- start keeping a record of your symptoms and peak flow readings to take to the Doctor

IMPORTANT: if **10 puffs** of the BLUE inhaler via the spacer is not working or it's effect is lasting less than **4 hours** and you have increasing wheeze or chest tightness move to the **Red Zone**.

Red Zone - Severe



If after **10 puffs** of the BLUE inhaler you experience any of the following symptoms:

- you are still breathing hard and fast
- you still feel tight and wheezy
- you are too breathless to talk in a sentence
- you are feeling frightened and exhausted

Other serious symptoms are:

- colour changes - very pale / grey / blue
- using rib and neck muscles to breathe, nose flaring

Red Zone Action - Call 999

- do not attempt to do a peak flow
- using your spacer, take 1 puff of reliever inhaler, breathing at a normal rate for 4-5 breaths, every 30 seconds, until the ambulance arrives
- stay where you are and keep calm
- if your child becomes unresponsive and has an adrenaline pen for allergies - use it now

Additional Comments and Information:
