

Remember: take your reliever inhaler *before* you come into contact with any of your triggers and every 4 hours if you have a cold

Your Triggers are:

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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

Emergency contact numbers:

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Your GP's name and telephone number is:

Dr

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Additional Comments:

Recommended websites

www.beatasthma.co.uk
www.asthma.org.uk

Pupil Photograph

School Asthma Management Plan

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Best Peak Flow.....

Date.....

Keep this with you at all times in school



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

BEST PEAK FLOW.....

Green Zone Action

Take your normal medications

Preventer (taken at home)

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Reliever (to use in school **before** exercise and **before** exposure to triggers 4 hourly

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Others (taken at home)

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Amber zone – Warning



Warning signs that your asthma is getting worse:

- You had a bad night with cough or wheeze and might be tired in class
- You have a cough, wheeze or 'tight' chest and feel out of breath
- You need to use your reliever more than usual

Tell a member of staff or ask a friend to get help

Amber Zone Action

Use your spacer with the blue reliever puffer and do the following:

- Take **4-6 puffs** of reliever – 1 puff at a time, breathing at a normal rate for 4-5 breaths, every 30 seconds
- Sit quietly, where an adult can see you for 10 minutes until you are feeling better and can go back into class
- If you feel like this again after 3-4hrs, tell a member of staff, repeat above and school should phone your parent to collect you
- School need to write how much inhaler you have used in your diary or tell your parent

IMPORTANT: If **6 puffs** of reliever via the spacer is not working or its effect is lasting less than **3 hrs** and you have increasing wheeze or

Red zone – Severe



If after 6 puffs of reliever 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 breath, nose flaring

Red Zone Action

CALL 999

- Using your spacer keep taking 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 pupil becomes unresponsive and has an adrenaline pen for allergies-use it now.

Additional comments or information

My spacer/inhaler is kept: