

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:

-
-
-
-
-
-

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:

.....
.....
.....
.....

Your GP's name and telephone number is:

Dr

.....

Additional Comments:

Recommended websites

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

Pupil Photograph

School Asthma Management Plan

.....

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)

.....

.....

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

.....

.....

Others (taken at home)

.....

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

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: