

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

My 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

Additional Comments:

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**Your Asthma Nurse's name
and telephone number is:**

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**Your doctor's name
and telephone number is:**

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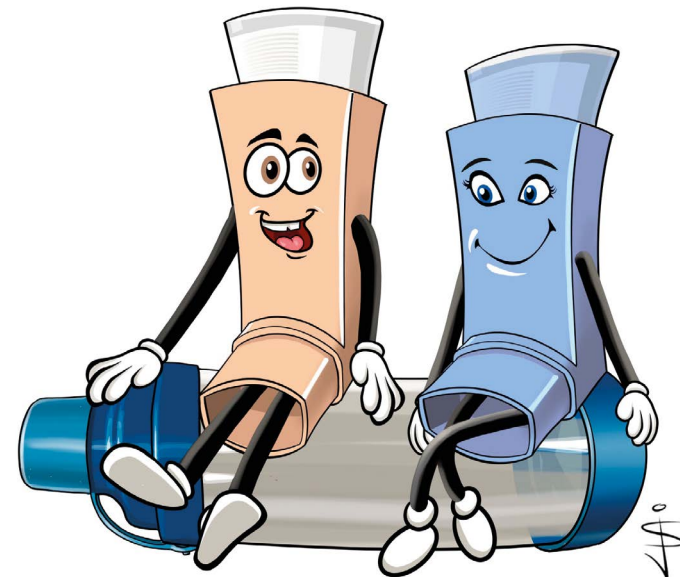
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Asthma Management Plan For

Best Peak Flow

Date



Recommended websites
www.beatasthma.co.uk

AsthmaUK at:
www.asthma.org.uk

<https://uk-air.defra.gov.uk/forecasting/>

This leaflet is intended for colour printing.

Please take this with you when you visit your
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

BEST PEAK FLOW

Green Zone Action - take your normal medications

Your **preventer inhaler** is a

colour and is called

You take puffs/sucks every morning and every night even when you are well.

Other asthma medications you take are:

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Your **reliever inhaler** is a

colour and is called

You take puffs/sucks up to 4 times a day if needed and before exposure to any triggers (see your list)

If there is no improvement in your symptoms or are needing more than 4 extra doses in 24 hours, move to the **Amber Zone**

Amber zone – Warning



Warning signs that your asthma is getting worse

- you wake at night with cough or wheeze
- you have a cough, wheeze, 'tight chest' or feel out of breath
- you need your reliever inhaler more than usual
- your reliever is not lasting **four hours**.
- if you check you peak flow and it 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 **must** make an appointment at your GP surgery within the next 24hrs even if you feel better.
- If you need to do this more than every 4hrs, 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 its effect is lasting less than **3 hrs** 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 breath, nose flaring

Red Zone Action

CALL 999

- Asthma can be life threatening
- Do not attempt to do a peak flow
- Using your spacer take 1 puff at a time of your blue 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 or information

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