

This is an EasyRead version of your



AIR Asthma Action Plan (12 yrs + for dry powder devices) for:



Name:



Best peak flow:



Date:



Your AIR inhaler is called:



Your other asthma treatments are:



Your asthma doctor or nurse's name:

**Please take this with you when
you visit your doctor or
asthma nurse.**

Visit: Beatasthma.co.uk for more help



Green Zone - Good



You are doing ok with your asthma if:



- Your breathing feels good.



- You do not have a cough or wheeze.



- You are not being kept awake with a cough.



- You can do what you want to do.



- You can go to school.



- Your peak flow is around your best.



My best peak flow is _ _ _ _ _

How to use your AIR inhaler for asthma symptoms.



If you have asthma symptoms of cough, wheeze or feel out of breath:



- Take **one reliever suck** of your AIR inhaler.



- If you need to do this again you can do this after 2 minutes.



- You should feel better.



- You should not need to use your reliever very often.



If you need 3 or more reliever sucks in one week sort out an asthma review with your asthma doctor or nurse.



If you have had 2 reliever sucks and still have the symptoms or
If your symptoms come back again the same day, move to the Amber Zone.

Amber Zone - Feeling poorly



Warning signs that your asthma is getting worse:



- You have had **2 reliever sucks** of your AIR inhaler today and you still have asthma symptoms.



- Your peak flow has dropped to: _ _ _ _

What to do in the Amber Zone



- Take **another reliever suck** of your AIR inhaler.



- If you still have the symptoms after a few minutes you can **take another suck**.



- You will now have had up to a total of 4 reliever sucks.



- You should feel better.



- If your symptoms come back today you can have up to **4 more reliever sucks** again.



- You must see a doctor or nurse in the next 24 hours to check you are ok.

Important!

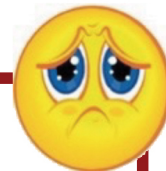


If you have had 4 reliever sucks in one go and still have the symptoms or



If you have had a total of 12 sucks added together in one day and still have symptoms: move to the Red Zone.

Red Zone - Feeling very bad



4



If you have had **4 reliever sucks** in one go and still feel poorly:



- Sit up and stay calm.



2

- Take up to **2 reliever sucks** of your AIR inhaler.



- You should feel better.



- Sort out an urgent review with your doctor or asthma nurse in the next few hours.



6



If you have had **6 reliever sucks** in one go or **12 sucks added together today** and still feel poorly or



- You are finding it hard to breathe and using your tummy or neck muscles.



- You feel very tired.



- You do not have enough breath to talk.



- You have gone very pale or grey or blue or



999

Call 999 - asthma can kill you.



While you wait:



1

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- Keep having **one reliever suck every 2 minutes**.



1

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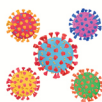


- If you only have your blue inhaler with spacer take 1 puff with your spacer every 30 seconds.



If the young person goes floppy and has an adrenaline pen use it now.

My triggers are:



Remember!



- If you have a cold your triggers may make your asthma worse.



- You may need to use your AIR inhaler more.



- Everyone breathes faster and deeper during exercise.

Only have a reliever suck of your inhaler if:



- You have the symptoms or



- You are still short of breath after you stop exercising.



www.beatasthma.co.uk

