

**Remember:**

If you have a cold, you may be more sensitive to your triggers and may need to use your AIR inhaler more often.

It is normal to breathe faster and more deeply during exercise. Only have a suck of your AIR inhaler for this if you:

- also have wheeze, coughing or chest tightness or
- the shortness of breath doesn't go away after you stop exercising.

**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
- Indoor air pollution (e.g. damp and mould)
- Outdoor air pollution (e.g. car fumes)

**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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Your AIR inhaler is called .....

Your maximum sucks in one go is **6**

Your maximum sucks on one day is **12**

Recommended websites

[www.beatasthma.co.uk](http://www.beatasthma.co.uk)

**Asthma+LungUK at:**

[www.asthma.org.uk](http://www.asthma.org.uk)

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

This leaflet is intended for colour printing.



**12+ years AIR  
Asthma Action Plan**

BestPeakFlow .....

Date .....



**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
- your peak flow is around your best

BEST PEAK FLOW .....

## Green Zone Action

- If you have symptoms of cough, wheeze, chest tightness or shortness of breath:
  - take 1 suck of your AIR inhaler
  - You can repeat this once after 2 minutes if needed
  - This should make you feel better
  - You should rarely need extra sucks if your asthma is good

If you are regularly needing to have sucks of your AIR inhaler or your asthma interferes with normal activity or sleep, arrange a review with your asthma nurse or GP

### IMPORTANT:

If you have had 2 sucks and still have symptoms:

Move to the **AMBER ZONE**

## Amber zone – Warning



### Warning signs that your asthma is getting worse:

- you have used 2 sucks of your AIR inhaler, but you still have a cough, wheeze, 'tight chest', or feel out of breath
- your symptoms are waking you up at night
- you can't play / exercise or it is harder to play / exercise
- your peak flow drops below .....

## Amber Zone Action

- Take another suck of your AIR inhaler
- You can repeat this after a few minutes if needed until you have a total of **4 extra** sucks
- You **must** be seen by a healthcare professional (GP, asthma nurse, walk in centre or out of hours service) within the next 24hs even if you feel better
- Start keeping a record of your symptoms and peak flow readings to take to the Doctor
- You should never have more than a total of 12 extra doses of your AIR inhaler in 1 day

### IMPORTANT If you have had:

4 sucks in one go  
Or  
a total of 12 sucks in one day  
And  
still have symptoms

Move to the **RED ZONE**

## Red zone – Severe



### You are in the red zone if you have had:

- 4 sucks of AIR in one go  
Or  
Your total daily maximum of 12 sucks  
And
- 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

- Sit up and try to stay calm
- Take up to another 2 sucks of your AIR inhaler, one at a time as needed
- If you feel better after a total of 6 sucks in a row, arrange an urgent medical review in the next few hours
- If you still have the symptoms listed above:

**CALL 999**

### Asthma can be life threatening

- If the ambulance has not arrived after 10 minutes, call it again
- Do not attempt to do a peak flow
- If you still have symptoms while waiting for the ambulance, keep taking 1 suck every 2 mins
- If your AIR inhaler is not available, but you have access to a blue inhaler with a spacer, use this instead. Take 1 puff at a time, breathing at a normal rate for 4-5 breaths, every 30 seconds until the ambulance arrives