

This is an EasyRead version of your



MART Asthma Management Plan

(12+ years for dry powder devices) for:



Name:



Best peak flow:



Date:



Your MART 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](https://beatasthma.co.uk) for more help



Green Zone - Good



- You have one MART inhaler.
- You take it every day, even when you are well.
- You take __ __ sucks in the morning, every morning.
- You take __ __ sucks at night, every night.

What are asthma symptoms?

Sometimes you may get asthma symptoms like:



- Cough, wheeze or shortness of breath.



- Chest tightness.



- Coughing when you are asleep.

You should get these less than 3 times a week.

How to use your MART inhaler for asthma symptoms.



If you have asthma symptoms you can take extra sucks of your MART inhaler to help you. These are called reliever sucks.



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



- 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 you still have the symptoms that 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 MART reliever today and you still have asthma symptoms.



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

What to do in the Amber Zone



+1

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



+1

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



=4

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



- You should feel better.



+4

- 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!



+4



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



+12



If you have had a total of 12 sucks in one day (your usual morning and evening sucks PLUS your extra reliever sucks added together) and still have symptoms: move to the Red Zone.

Red Zone - Feeling very bad



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



- Sit up and stay calm.



- Take **2 reliever sucks** of your MART inhaler.



- You should feel better.



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



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



Call 999 - asthma can kill you.



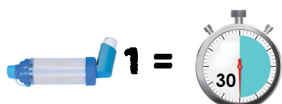
While you wait:



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



- If you only have your blue inhaler with spacer take 2 puffs with the spacer.

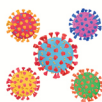


- One puff at a time every 30 seconds.



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 MART 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

