

Remember:

If you have a cold, you may be more sensitive to your triggers and may need to use your reliever (blue) inhaler more often.

It is normal to breathe faster and more deeply during exercise. Only have extra puffs/sucks of your reliever (blue) 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:

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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
- 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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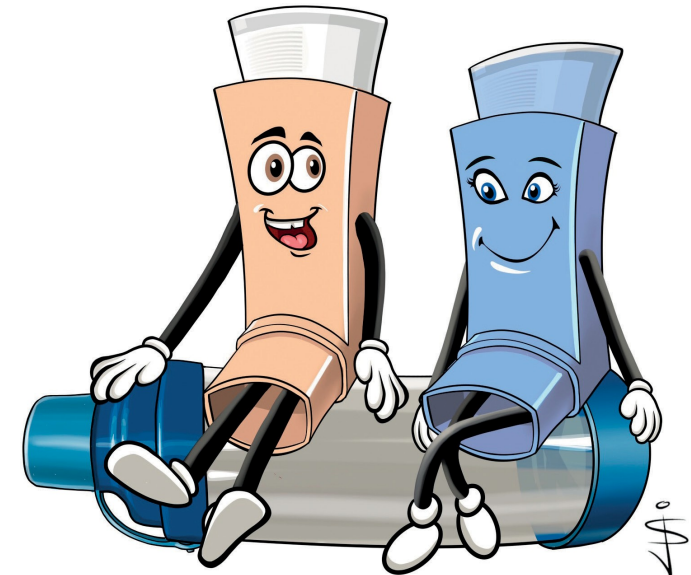
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Asthma Management Plan For

Best Peak Flow

Date



Recommended websites
www.beatasthma.co.uk

Asthma+LungUK 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

Its colour is

You take.....puffs/sucks every morning

You take..... puffs/sucks every night

You do this every day, even when you are well.

Other asthma medications you take are:

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Your reliever inhaler is

Its colour is

You take.....puffs/sucks up to 3 times in a week for symptoms

If you are needing to use your reliever inhaler more than 3 times per week for symptoms,

Move to the **Amber Zone**

Amber zone – Warning



If you are regularly needing to use your reliever inhaler more than 3 times per week or your asthma interferes with normal activity or sleep, arrange a review with your asthma nurse or GP

Warning signs that your asthma is getting worse:

- you have symptoms (cough, wheeze, 'tight chest' or feel out of breath)
- you need your reliever inhaler more than usual
- your reliever is not lasting **four hours**.
- your peak flow is down by about a third

PEAK FLOW 1/3 DOWN

Amber Zone Action – continue your normal medicines AND

- Take **2 puffs** of the BLUE inhaler with your spacer 1 puff at a time. Keep doing this every 10 minutes if you still have symptoms up to a total of 6 puffs.
- 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 after your **6 puffs**, you still have increasing wheeze or chest tightness

Move to the **RED ZONE**

Red zone – Severe



- 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

Take **10 puffs** of the blue inhaler via a spacer and call 999

Asthma can be life threatening

- Stay where you are and keep calm
- Do not attempt to do a peak flow
- Whilst waiting for the ambulance and 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.
- If the ambulance has not arrived after 10 minutes, call it again
- If your child becomes unresponsive and has an adrenaline pen for allergies-use it now.

Additional comments or information

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