

This is an EasyRead version of your



Asthma Management Plan For:



Name:



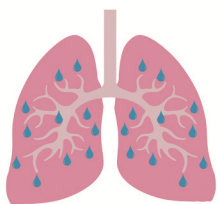
Best peak flow:



Date:

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





My triggers are:



Who can help:

**Your asthma nurse.
Their name is:**

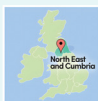
**Your asthma nurses's telephone
number is:**

**Your doctor.
Their name is:**

Your doctor's telephone number is :

Good websites:

- www.beatasthma.co.uk
- Asthma+Lung at www.asthmaandlung.org.uk
- <https://uk-air.defra.gov.uk/forecasting/>





Remember:



If you have a cold you might find your triggers make your asthma worse more quickly, so you may need to use your blue inhaler more than usual.



Everyone breathes faster and deeper during exercise.



Only have extra puffs of your blue reliever inhaler if:



- You also have a wheeze, cough or tight chest or



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

Triggers can be:



- Viruses.



- Changes in the weather.



- House dust mites.



- Animal fur, feathers and their bedding.



- Foods.



- Exercise.



- Upset or stress.



- Bad things found in the air inside like damp or mould.



- Bad things found in the air outside like car fumes.

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.



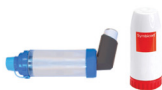
My best peak flow is _____

What to do in the Green Zone



Take your normal medications.

Take your preventer inhaler even when you are well.



Your preventer inhaler is called: _____

It's colour is: _____



You take _____ puffs/sucks in the morning.



You take _____ puffs/sucks in the evening.



Other asthma medications you take are:

Take your reliever inhaler when you have some asthma signs but feel ok.



Your reliever inhaler is called: _____

It's colour is: _____



You take -- puffs/sucks up to 3 times a week if you are having signs.



If you need to use your reliever inhaler more than 3 times a week move to the AMBER ZONE.

Amber Zone - Warning



Get in touch with your asthma nurse or GP if:



- You are using your reliever inhaler more than 3 times a week or
- Your asthma gets in the way of the things you want to do or
- Your asthma gets in the way of you sleeping

Signs that your asthma is getting worse:



- You have symptoms (like a cough, tight chest or feel out of breath).
- You need to use your reliever inhaler more.
- Your extra puffs/sucks do not last 4 hours before you need more.
- Your peak flow has dropped to: _ _ _ _

What to do in the Amber Zone



6



Keep taking your medication and:

- Take 2 puffs of the blue inhaler with your spacer, one puff at a time.
- You can do this again after 10 minutes if you need to.
- You can take up to 6 puffs.
- You can repeat this every 4 hours if needed
- Even if you feel better you need to make an appointment to see your GP within 24 hours.

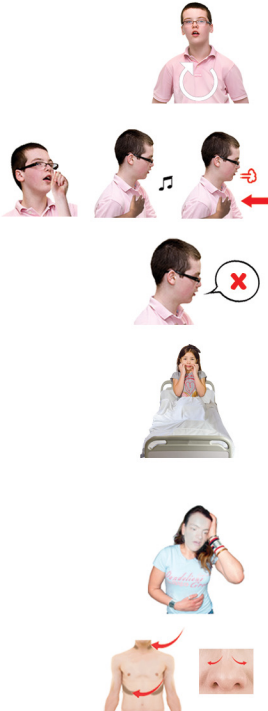
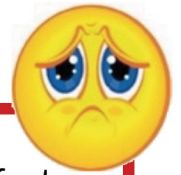
If you need to do this more than every 4 hours you need to see your GP today or go to A and E.

Write down your symptoms and your peak flow and take this with you.



IMPORTANT: If after 6 puffs your tight chest or wheeze is getting worse move to the Red Zone.

Red Zone - Very Bad



- You are still breathing hard and fast.
- You still have a tight chest and feel wheezy.
- You do not have breath to talk
- You are very tired and scared

You might:

- Change colour to grey or blue or very pale.
- Use your rib and neck muscles to breathe and your nostrils go wide.

What to do in the Red Zone



Take 10 puffs of your blue inhaler with your spacer and call 999.
Asthma can kill you.



Do not move and keep calm.



Do not do a peak flow.



When waiting for the ambulance:



- Take one puff of your blue inhaler with the spacer.
- Breathe through the spacer as normal for 4 to 5 breaths.
- Do this every 30 seconds until the ambulance comes.



If the ambulance does not come in 10 minutes call again.



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