

Remember:

- If you have a cold, you may be more sensitive to your triggers and may need to use your MART inhaler more often.
- It is normal to breathe faster and more deeply during exercise. Only have an extra suck of your MART 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.

Your 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)

Emergency contact numbers:

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Your GP's name and telephone number:

Dr

.....

The asthma treatments you take at home:

Your MART inhaler is called:

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

Your maximum sucks in one day is..**12**..

The other treatments you take at home:

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Recommended websites

www.beatasthma.co.uk

www.asthmaandlung.org.uk

Pupil Photograph

Senior School MART Asthma Management Plan
(for dry powder devices)

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Best Peak Flow.....

Date.....

Keep this with you at all times in school

Green zone – Good



You have 1 inhaler device that is used as your preventer and reliever inhaler.

This is known as a **MART** inhaler.

You should take it everyday even when you are well
You should always have it with you

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

Green Zone Action

If you have symptoms of cough, wheeze, chest tightness or shortness of breath:

- Take 1 suck of your MART 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 extra sucks of MART or your asthma interferes with normal activity or sleep, arrange a review with your asthma nurse or GP

If you have had 2 extra 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 extra sucks of your MART inhaler, but you still have a cough, wheeze or 'tight' chest and feel out of breath

Amber Zone Action

Tell a member of staff or ask a friend to get help

- Take another suck of your MART inhaler
- You can repeat this after a few minutes if needed until you have had a total of 4 sucks
- Sit quietly, where an adult can see you for 10 minutes until you are feeling better and can go back into class
- If you feel like this again, tell a member of staff and repeat the above.
- School should phone your parent to collect you who should arrange an urgent review with your GP
- School needs to write how much inhaler you have used in your diary or tell your parent

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 extra sucks of MART 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

Red Zone Action

- Sit up and try to stay calm
- Take up to another 2 sucks of your MART 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 within the next few hours
- If you still have the symptoms listed above:

CALL 999 now

Asthma can be life threatening

- If the ambulance has not arrived after 10 minutes, call it again
- If you still have symptoms while waiting for the ambulance, keep taking 1 suck every 2 mins
- If your MART inhaler is not available, use the blue inhaler with a spacer instead. Take 1 puff, breathing at a normal rate for 4-5 breaths, every 30 seconds until the ambulance arrives
- **School staff:** If the pupil becomes unresponsive and has an adrenaline pen for allergies-use it now