



**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 2 extra puffs 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:**

- .....
- .....
- .....
- .....

**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:**

.....  
 .....

**Your GP's name and telephone number:**

Dr .....

.....

**The asthma treatments you take at home:**

Your MART inhaler is called:

.....

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

Your maximum sucks in one day is...**24**..

The other treatments you take at home:

.....

.....

Pupil Photograph

**Senior School MART Asthma Management Plan**  
**(for metered dose inhalers)**

.....

Best Peak Flow.....

Date.....

**Keep this with you at all times in school**

**Recommended websites**

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

## 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 with a spacer, 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 2 puffs of your MART inhaler with your spacer, one puff at a time
- 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 puffs of MART or your asthma interferes with normal activity or sleep, arrange a review with your asthma nurse or GP

If you have had 4 extra puffs and still have symptoms:

**Move to the AMBER ZONE**

## Amber zone – Warning



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

- You have used 4 extra puffs 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 2 puffs of your MART inhaler with your spacer, 1 puff at a time
- You can repeat this after a few minutes if needed until you have had a total of 8 puffs
- 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:

8 puffs in one go  
Or a total of 24 puffs 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:

8 extra puffs of MART in one go  
Or  
Your total daily maximum of 24 puffs  
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 4 puffs of your MART inhaler with your spacer, 1 puff at a time
- If you feel better after a total of 12 puffs 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 2 puffs 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