

Remember:

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

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The asthma treatments you take at home:

Your preventer inhaler is called:

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The other treatments you take at home:

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Pupil Photograph

School Asthma Management Plan

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Best Peak Flow.....

Date.....

Keep this with you at all times in school

Recommended websites

www.beatasthma.co.uk
www.asthma.org.uk



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 at home

Your reliever inhaler is

This should be kept in school for use, with a spacer if appropriate, for when you need it

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

- Take 1 puff/suck of your reliever inhaler with a spacer if appropriate
- You can repeat this once after 10 minutes if needed
- This should make you feel better
- You should rarely need extra puffs/sucks if your asthma is good

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

If you still have symptoms after 2 puffs

Move to the Amber Zone

Amber zone – Warning



Warning signs that your asthma is getting worse:

- You had a bad night with cough or wheeze and might be tired in class
- You have a cough, wheeze or 'tight' chest and feel out of breath
- You need to use your reliever more than usual

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

Amber Zone Action

Use your spacer with the blue reliever puffer and do the following:

- Take **2-6 puffs** of reliever – 1 puff at a time, breathing at a normal rate for 4-5 breaths, every 30 seconds
- 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 after 3-4hrs, tell a member of staff, repeat above and school should phone your parent to collect you
- School needs to write how much inhaler you have used in your diary or tell your parent

IMPORTANT: If 6 puffs of reliever via the spacer is not working or its effect is lasting less than 4 hrs, and you have increasing wheeze or chest tightness

Move to the Red Zone

Red zone – Severe



If after 6 puffs of reliever you experience any of the following symptoms:

- 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

CALL 999

- Using your spacer keep taking 1 puff of reliever inhaler, breathing at a normal rate for 4-5 breaths, every 30 seconds until the ambulance arrives
- Stay where you are and keep calm
- If pupil becomes unresponsive and has an adrenaline pen for allergies-use it now.

Additional comments or information

My spacer/inhaler is kept:

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