

You could take a photo of your asthma Action Plan and keep it on your mobile

MY ASTHMA ACTION PLAN

Date Plan Made:

.....

Name:

DOB:

Preventer:
.....

Reliever:
.....

"Remember to shake the inhaler before each puff when using with a spacer"



MY ASTHMA IS WELL CONTROLLED

- Little or no cough or wheeze
- Sleeping not disturbed
- You are able to do your usual activities
- If you check your peak flow it is around your best
- Best peak flow

ACTION

Take your preventer inhaler

.....
every day, even when well

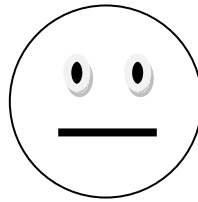
You should not be needing your reliever inhaler every 4 hours but can take it with activities

YOUR ASTHMA NURSE:

.....

Telephone number:

.....



MY ASTHMA IS GETTING WORSE

- You may have a cold/hay fever or
- Coughing and wheezing day and/or night or
- Your peak flow may be reduced

ACTION

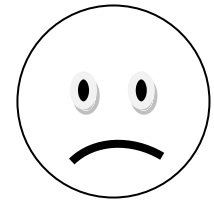
Keep taking your usual medication and inhalers.

Take your usual dose of blue inhaler (reliever) every 4 hours

If things do not settle within 48 hours then seek a medical review with your GP



East Midlands Clinical Networks



MY ASTHMA IS MUCH WORSE

I AM HAVING AN ASTHMA ATTACK

- You can't talk or walk easily or
- You are breathing hard and fast or
- You are coughing/ wheezing a lot or
- Your blue inhaler is not working or
- You are too breathless to do a peak flow

ACTION

Take up to 10 puffs of your blue inhaler through your spacer

Repeat every 3 - 4 hours

IF *this is not working repeat 10 puffs. **IF** *this is not lasting 3 hours see GP/DOCTOR URGENTLY**

If giving blue inhaler less than every 2 hours call 999

THIS IS AN EMERGENCY
CALL 999