



# My Asthma Plan

## My asthma triggers:

(Write down things that make your asthma worse so you can stay away from them.)

## Where can I find out more?

Asthma UK is dedicated to improving the health and well-being of the 5.4 million people in the UK with asthma including 1.1 million children.

### Asthma UK Adviceline

Ask an asthma nurse specialist

0800 121 62 44  
[asthma.org.uk/adviceline](http://asthma.org.uk/adviceline)

### Asthma UK website

Get the latest information and asthma news

[asthma.org.uk](http://asthma.org.uk) or  
[kickasthma.org.uk](http://kickasthma.org.uk)

### Asthma UK publications

Request booklets, factfiles and other materials with independent, specialist information on every aspect of asthma

0800 121 62 55  
[info@asthma.org.uk](mailto:info@asthma.org.uk)

### Asthma UK membership

Your parent/carer may want to become a member of Asthma UK and receive *Asthma Magazine* four times a year

0800 121 62 55  
[membership@asthma.org.uk](mailto:membership@asthma.org.uk)

## I need to see my asthma nurse every six months

Date I got my asthma plan:

\_\_\_\_\_

My next asthma review:

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Doctor's/asthma nurse contact details:

\_\_\_\_\_

\_\_\_\_\_

### Asthma UK

Summit House  
70 Wilson Street  
London EC2A 2DB  
T 020 7786 4900  
F 020 7256 6075

### Asthma UK Cymru

Eastgate House  
35-43 Newport Road  
Cardiff CF24 0AB  
[wales@asthma.org.uk](mailto:wales@asthma.org.uk)

### Asthma UK Northern Ireland

Ground floor  
Unit 2 College House  
City Link Business Park  
Durham Street,  
Belfast BT12 4HQ  
[ni@asthma.org.uk](mailto:ni@asthma.org.uk)

### Asthma UK Scotland

4 Queen Street  
Edinburgh EH2 1JE  
[scotland@asthma.org.uk](mailto:scotland@asthma.org.uk)



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Registered charity number in England 802364 and in Scotland SCO39322  
First published 2010. Next review 2013

HP1580910

Your asthma plan tells you when to take your asthma medicines.

And what to do when your asthma gets worse.



Name: \_\_\_\_\_

# Remember to take your inhaler with a spacer if you have one



## 1. My asthma medicines

- My best peak flow is \_\_\_\_\_
- My preventer inhaler is called \_\_\_\_\_ and its colour is \_\_\_\_\_
- I take \_\_\_\_\_ puff/s of my preventer inhaler in the morning and \_\_\_\_\_ puff/s at night. I do this every day even if I feel well.

Other asthma medicines I take every day:

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- My reliever inhaler is called \_\_\_\_\_ and its colour is blue. I take \_\_\_\_\_ puff/s of my blue reliever inhaler when I wheeze or cough, my chest hurts or it's hard to breathe.

Does playing, running or doing PE normally make it hard to breathe?



If yes I take \_\_\_\_\_ puff/s of my blue reliever inhaler beforehand.



What asthma medicines do you take every day?

## 2. When my asthma gets worse

I will know my asthma is getting worse if:

- I have a cough, wheeze, it is hard to breathe or my chest hurts, or
- I am waking up at night because of my asthma, or
- I am taking my blue reliever inhaler every day, or
- My peak flow is less than \_\_\_\_\_

**When this happens:** I keep taking my preventer medicines as normal.

**And also take** \_\_\_\_\_ puff/s of my blue reliever inhaler every four hours.

**If I am not getting any better I should see my doctor or asthma nurse today.**



What should you do when your asthma gets worse?

## 3. What to do when I have an asthma attack

I am having an asthma attack if:

- My blue reliever inhaler is not helping, or
- I can't talk or walk easily, or
- I am breathing hard and fast, or
- I am coughing or wheezing a lot, or
- My peak flow is below \_\_\_\_\_

**When this happens:** I should take \_\_\_\_\_ puffs of my blue reliever inhaler every two minutes (up to ten puffs) until I feel better.

**I am feeling better,** but I don't want this to happen again so I need to see my doctor or asthma nurse today.

**I still don't feel better and I have taken ten puffs.** Now I need to call **999** straight away. If I am waiting longer than 15 minutes for an ambulance I should take another \_\_\_\_\_ puffs of my blue reliever inhaler every two minutes (up to ten puffs).

