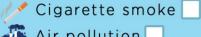
My Triggers are:



Colds/Viruses



Weather changes



Air pollution



Dust mites



Pollen



List other triggers which make your asthma worse:

To get the most out of this plan



Take a photo



Stick it on the fridge



A copy of this plan is available to download from the Healthier Together website:

https://sybhealthiertogether.nhs.uk/ parentscarers/easy-asthma

School



tet your school know you have asthma



Make sure you have a reliever inhaler and spacer available in school.

IMPORTAN'

It is important to take your treatment as directed by your **Doctor or Nurse.**

Please remember to bring your medications, spacer and asthma plan with you when you visit your doctor or nurse.

Additional Information: DISCHARGE ADVICE following hospital admissions and A&E visits

I need to take using my spacer:

- 6 puffs every 4 hours for 24 hours;
- 4 puffs every 4-6 hours for 24 hours:
- 2 puffs every 4-6 hours until I am well.

I need to take Prednisolone

mas for

days.

I need to arrange to see my GP within 2 days (48 hours) after I have been discharged from hospital.







My Asthma Plan



Your Name	Name:	١	r	u)	0	Y	
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Asthma	Practice I	Nurse	Name:
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Date of next review:

How to contact your Asthma Team:

Version 1.0: Sept 2022 Review Date: Sept 2023

MY ASTHMA IS GOOD IF I:

- Have no cough
- Have no wheeze
- Can play or exercise as usual
- Am sleeping well
- Am going to school

To keep my asthma under control, I need to take my treatment every day.

Preventer:

Additional Medication:

Reliever:

I only need my reliever inhaler very occasionally.



Parent(s)/Caregiver(s)

Your child is at risk of a life threatening attack if they do not take their medications as prescribed.

MY ASTHMA IS NOT AS GOOD IF I:

- Cough especially at night
- **Wheeze**
- ** Have chest tightness
- 💥 Feel breathless
- Am unable to play
- 💥 Have difficulty sleeping
- Need my reliever more than 3 times a week



i must continue taking my regular daily medicines and also start taking:

2 to 6 puffs of my reliever

(1 puff at a time)
every 4 hours using the spacer.

If the blue inhaler is not lasting for 4 hours, move to the red plan NOW!





Parent(s)/Caregiver(s)

If your child still feels unwell after 24 hours, you need to make an URGENT appointment with your GP Practice or Out of Hours.

When your asthma is well-controlled, you are likely to need less than 3 reliever inhalers per year.

I AM HAVING AN ASTHMA ATTACK IF:

- Tam struggling to breathe
- Tam coughing a lot, feel tight in
- my chest and wheezy
- ightharpoonup I am unable to walk or speak in full sentences

If I am needing my reliever more often than 4 hourly, I should tell an adult immediately.

I must take one puff of my reliever every 30-60 seconds up to 10 puffs.

If there is no improvement by 10 minutes, I must seek emergency medical advice (dial 999).

Take 10 puffs of blue Salbutamol inhaler for 10 minutes till the ambulance arrives.

Even if I start feeling better, I should see my doctor or nurse today.

