




## My Triggers are:

-  Colds/Viruses
-  Weather changes
-  Cigarette smoke
-  Air pollution
-  Dust mites
-  Pollen
-  Exercise



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

-  Let your school know you have asthma
-  Make sure you have a reliever inhaler and spacer available in school.



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

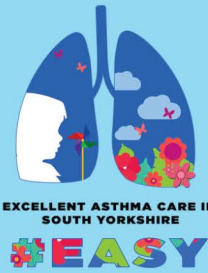
Please remember to bring your medications, spacer and asthma plan with you when you visit your doctor or nurse.

Additional Information:



**NHS**

**South Yorkshire**  
Integrated Care Board



# My Asthma Plan



Your Name:

Asthma/Practice Nurse Name:

Consultant Name:

Date issued:

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!



Spacer

#### 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.

### I AM HAVING AN ASTHMA ATTACK IF:

- I am struggling to breathe
- I am coughing a lot, feel tight in my chest and wheezy
- 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.



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