



# My Asthma Plan



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

And what to do when your asthma gets worse.



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

## 1. My daily asthma medicines

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

## 2. When my asthma gets worse

I'll know my asthma is getting worse if:

- I wheeze or cough, my chest hurts or it's hard to breathe, or
- I'm waking up at night because of my asthma, or
- I'm taking my reliever inhaler (usually blue) more than three times a week, or
- My peak flow is less than \_\_\_\_\_

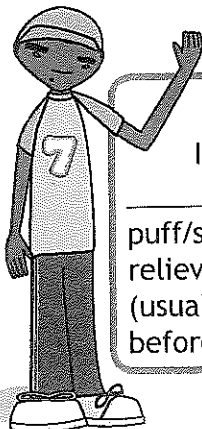
If my asthma gets worse, I should:

Keep taking my preventer medicines as normal.

I also take \_\_\_\_\_ puff/s of my reliever inhaler (usually blue) every four hours.

If I'm not getting any better doing this I should see my doctor or asthma nurse today.

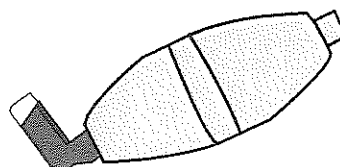
Does doing sport make it hard to breathe?



If YES  
I take:

\_\_\_\_\_ puff/s of my reliever inhaler (usually blue) beforehand.

## Remember to use my inhaler with a spacer (if I have one)





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## 3. When I have an asthma attack

I'm having an asthma attack if:

- My reliever inhaler (usually blue) isn't helping, or
- I can't talk or walk easily, or
- I'm breathing hard and fast, or
- I'm coughing or wheezing a lot, or
- My peak flow is less than \_\_\_\_\_

My asthma triggers (things that make my asthma worse)

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Make sure you have your reliever inhaler (usually blue) with you. You might need it if you come into contact with things that make your asthma worse.

When I have an asthma attack, I should:

Sit up – don't lie down. Try to be calm.

Take one puff of my reliever inhaler every 30 to 60 seconds up to a total of 10 puffs.

Even if I start to feel better, I don't want this to happen again, so I need to see my doctor or asthma nurse today.



If I still don't feel better and I've taken ten puffs, I need to call 999 straight away. If I am waiting longer than 15 minutes for an ambulance I should take another \_\_\_\_\_ puff/s of my reliever inhaler (usually blue) every 30 to 60 seconds (up to 10 puffs).



I need to see my asthma nurse every six months

Date I got my asthma plan:

\_\_\_\_\_

Date of my next asthma review:

\_\_\_\_\_

Doctor/asthma nurse contact details:

\_\_\_\_\_

\_\_\_\_\_

Parents – get the most from your child's action plan

Make it easy for you and your family to find it when you need it

- Take a photo and keep it on your mobile (and your child's mobile if they have one)
- Stick a copy on your fridge door
- Share your child's action plan with school, grandparents and babysitter (a printout or a photo).

You and your parents can get your questions answered:

Call Asthma UK's friendly Helpline

Monday to Friday 9am to 5pm

**0300 222 5800**

Get information at

[www.asthma.org.uk](http://www.asthma.org.uk)

1. I can confirm that my child has been diagnosed with asthma
2. I can confirm my child has been prescribed an inhaler
3. My child has a working, in date inhaler, and spacer clearly labelled with their name, which they will bring with them to school every day.
4. I will have provided the school with a spare inhaler and spacer
5. Please tick if you DO NOT wish the school to use the schools inhaler in an emergency.

Signed : .....

Date : .....

Print name : .....

Child's name : .....

Class : .....



# Swallowfield Lower School

Weathercock Close, Woburn Sands, Milton Keynes, MK17 8SL, Tel: 01908 582101

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Dear Parent/Guardian,

We are currently reviewing our asthma policy and would kindly ask you to up-date the information regarding your child so we can ensure our records are accurate.

As part of our work to review our asthma policy we will have an emergency inhaler on site. This is a precautionary measure. You still need to provide your child with their own inhaler and spacer as prescribed. If you DO NOT wish for us to use the schools inhaler in an emergency, please indicate this on the attached form and return to school as soon as possible.

Please note that everyone with asthma should use a spacer with their inhaler in order to deliver maximum benefit to the lungs. If your child does not have a spacer or has not had an asthma review in the past 12 months, please book an appointment with your GP as soon as possible.

Please complete the attached form and return to school.

Yours Sincerely

Katy Hill – First aider.

Head Teacher: Mrs K Brewer NPQH  
Email: [swallowfield@cbc.beds.sch.uk](mailto:swallowfield@cbc.beds.sch.uk)  
[www.swallowfieldlowerschool.co.uk](http://www.swallowfieldlowerschool.co.uk)

