



**My triggers are:**

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**Common triggers are:**

- Viruses
- Changes in weather
- House dust mites
- Animal fur, feathers and their bedding
- Foods
- Exercise
- Upset, distress and emotions
- Smoke - cigarettes and fires



**Additional comments:**

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**Your Asthma nurse's name and telephone number:**

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**Your doctor's name and telephone number:**

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**Recommended websites**

[www.beatasthma.co.uk](http://www.beatasthma.co.uk)

**Asthma UK at:**  
[www.asthma.org.uk](http://www.asthma.org.uk)

This leaflet is intended for colour printing

NFH/1558



**Asthma Management Plan for**

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Best Peak Flow \_\_\_\_\_

Date \_\_\_\_\_

**please take this with you when you visit the doctor or asthma nurse**



## Green Zone - Good



Your asthma is under control if:

- your breathing feels good
- you have no cough or wheeze
- your sleeping is not disturbed by coughing
- you are able to do your usual activities
- you are not missing school
- if you check your Peak Flow, it is around your best

**Peak Flow: Best**

### Green Zone Action - take your normal medicines

#### Preventer

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#### Others

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#### Reliever

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**REMEMBER:** take your BLUE reliever inhaler **every 4 hours** when you start a cold and before you are exposed to any of your triggers (see your list).

If there is no improvement in your symptoms, move to the **Amber Zone**.

## Amber Zone - Warning



Your asthma is getting worse if:

- you wake at night with cough or wheeze
- you have a cough, wheeze or 'tight' chest
- you need your blue inhaler more than usual
- your reliever is not lasting four hours
- your Peak Flow is down by about a third

**Peak Flow: 1/3 down:**

### Amber Zone Action - continue your normal medicines AND

- take **6-10 puffs** of the BLUE inhaler, using your spacer, 1 puff at a time
- you can do this every 4 hours but you must make an appointment at your GP surgery within the next 24 hours
- if you need to do this more than every 4 hours, you must see your GP today or go to A&E
- start keeping a record of your symptoms and peak flow readings to take to the Doctor

**IMPORTANT:** if **10 puffs** of the BLUE inhaler via the spacer is not working or it's effect is lasting less than **4 hours** and you have increasing wheeze or chest tightness move to the **Red Zone**.

## Red Zone - Severe



If after **10 puffs** of the BLUE inhaler you experience any of the following symptoms:

- you are still breathing hard and fast
- you still feel tight and wheezy
- you are too breathless to talk in a sentence
- you are feeling frightened and exhausted

Other serious symptoms are:

- colour changes - very pale / grey / blue
- using rib and neck muscles to breathe, nose flaring

### Red Zone Action - Call 999

- asthma can be life threatening
- do not attempt to do a peak flow
- using your spacer, take 1 puff of reliever inhaler, breathing at a normal rate for 4-5 breaths, every 30 seconds, until the ambulance arrives
- stay where you are and keep calm
- if your child becomes unresponsive and has an adrenaline pen for allergies - use it now

### Additional Comments and Information:

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