

My asthma triggers

My triggers and what I do to manage them

For example: hay fever – I take antihistamines;
pollution – I avoid busy roads

My asthma review

I should have at least one routine asthma review every year, even if I only have occasional asthma symptoms. I will bring:

- my AIR asthma action plan to see if it needs updating
- my AIR inhaler to check I'm using it correctly
- my peak flow meter if I use one
- any questions about my asthma.

Next asthma review date:

GP/nurse/healthcare professional contact details

Name:

Phone number:

Out-of-hours contact number (ask your GP surgery who to call when they are closed)

Name:

Phone number:

How to use this plan

- 1 Put it somewhere easy to find**
like your fridge door, noticeboard or bedside table.
- 2 Keep it on your mobile phone or tablet** so you can check it wherever you are.
- 3 Share it with family, friends or anyone you live with** so they know how to help you if you're unwell.
- 4 Take it to every asthma appointment.**
Ask your doctor, nurse or healthcare professional to update your plan if their advice for you changes.



Watch our inhaler videos to learn how to use your AIR inhaler:
asthmaandlung.org.uk/inhaler-videos

Get advice, support and information at **AsthmaAndLung.org.uk** or find us on social media:



Questions about asthma?

Talk to our friendly respiratory nurse specialists for more support.

Call **0300 222 5800**

(Monday to Friday, 9am to 1pm and 2pm to 5pm)

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Your AIR asthma action plan

**Fill this in with your
doctor, nurse or other
healthcare professional**

Name and date:

1 Everyday asthma care

My AIR (anti-inflammatory reliever) inhaler contains:

- a steroid medicine to treat inflammation in my airways
- a reliever medicine called formoterol to open up my airways.

My AIR inhaler is called (insert name):

I carry my AIR inhaler with me every day so I can use it if I get asthma symptoms.

I take **one puff** of my AIR inhaler if:

- I'm wheezing
- my chest feels tight
- I'm finding it hard to breathe
- I'm coughing.

If my symptoms have not improved after a few minutes, I can take another puff.

I should not take more than _____ puffs at any one time.

I can continue to use my AIR inhaler as needed if:

- I have few or no asthma symptoms during the day, and none at night
- I can do everything I normally do (e.g. working, being active, socialising)
- my peak flow score stays at or around _____
- I only need to use my AIR inhaler occasionally, as advised by my GP or nurse.

Other advice for managing my asthma every day:

2 When I feel worse

I need to contact my doctor, nurse or other healthcare professional as soon as possible if I feel worse.

I should contact them if I have any of these signs and symptoms:

- my symptoms are getting worse (wheeze, tight chest, feeling breathless, cough)
- my symptoms are waking me up at night
- my symptoms are affecting my day-to-day life (working, being active, socialising)
- my peak flow score drops to below: _____

I should also contact my GP, nurse or healthcare professional as soon as possible if:

I regularly need to use _____ puffs or more of my AIR inhaler in a day.

The **maximum daily dose** of my AIR inhaler is _____ puffs.

Other advice about what to do if my asthma gets worse:

3 When I have an asthma attack

I'm having an asthma attack if I'm experiencing any of these:

- my AIR inhaler is not helping
- I find it difficult to walk or talk
- I find it difficult to breathe
- I'm wheezing a lot, or I have a very tight chest, or I'm coughing a lot
- my peak flow score is below: _____

What to do in an asthma attack

1. Sit up straight – try to keep calm.
 2. Take one puff of your AIR inhaler **every 1 to 3 minutes up to six puffs.**
 3. If you feel worse at any point **or** you don't feel better after six puffs **call 999 for an ambulance.**
 4. If the ambulance has not arrived after 10 minutes and your symptoms are not improving, **repeat step 2.**
 5. If your symptoms are no better after repeating step 2, and the ambulance has still not arrived, **contact 999 again immediately.**
- If you do not have your AIR inhaler with you, call 999.**

After an asthma attack

- If you dealt with your asthma attack at home, speak to your doctor or nurse today.
- If you were treated in hospital, speak to your doctor or nurse within 48 hours of being discharged.
- Finish any medicines they prescribe you, even if you start to feel better.
- If you don't improve after treatment, speak to your doctor, nurse or other healthcare professional urgently.