

List the things that make your asthma worse:

- | | | |
|------------|-----------------|-----------------------------------|
| Pollen | Fumes | Vaping |
| Dust | Tobacco smoke | Environmental pollution |
| Animal fur | House dust mite | Other fumes/ sprays |
| Weather | Medicines | Respiratory infections (cold/flu) |
| Exercise | Food | |
| Mould/damp | Stress/emotions | |

Any Other Triggers:

Contact Details

GP:

Asthma Specialist/Team:

Additional Resources:

[Asthma and Lung UK](#)

[Asthma Toolkit](#)



REMEMBER

Good asthma control means having NO symptoms at all

If you have any symptoms you should speak to your doctor or asthma specialist as soon as possible



Young People Asthma Plan

Ages 12 - 18

Name:

Date:

Every day:
I am symptom free 😊

Preventer Inhaler

I need to take my preventer inhaler every day

It is called:

and its colour is:

My best peakflow measure is: l/min

I take puff/s of my preventer inhaler in the morning and puff/s at night. I do this every day even if my asthma's OK

Other asthma medicines I take every day:

* needs a spacer

Rescue Inhaler

My rescue inhaler helps when I am wheezy or coughing, finding it harder to breathe, or my chest hurts. I should not need it regularly.

It is called:

and its colour is:

I take puff/s when needed

My asthma is not controlled if... 😞

I wheeze, cough, my chest hurts, or it's hard to breathe **or**

I regularly need my rescue inhaler one or more times a week **or**

If my asthma is stopping me doing sport or other activity **or**

I'm waking up at night because of my asthma (this is an important sign and I will book a next day appointment with my GP or nurse) **or**

My peakflow measure falls below 80%: l/min

So I need to...

Take 2 puffs of my rescue inhaler, one puff at a time.

After 5-10 minutes, if I still have symptoms repeat this until I have had up to 6 puffs.

I should feel much better

This should last at least 4 hours.

I will call my GP to arrange an appointment today or tomorrow

If I don't feel better, or my symptoms return within 4 hours, move to the red section

I need to see my GP now or go to A&E if... 😞

My symptoms aren't **COMPLETELY** better after 6 puffs of my rescue inhaler **or**

I need my rescue inhaler again in less than four hours **or**

My peakflow measure falls below 60%: l/min

because I'm having an asthma attack

I also need to take up to 10 puffs of my rescue inhaler, one puff at a time.

If my symptoms aren't completely better, I will call 999 and tell them I'm having an asthma attack and it's not controlled by 10 puffs of my rescue inhaler

I also need to... 😞

Sit up - don't lie down. Try to keep calm.

Take one puff of my rescue inhaler. Then repeat every 30 to 60 seconds.

If the ambulance has not arrived after 10 minutes, **contact 999 again immediately.**

Remember...

Some inhalers must be used with a spacer. Check with your GP, asthma nurse or pharmacist

Always keep your rescue inhaler and your spacer with you. You might need them if your asthma gets worse

Make sure you have an asthma review within 48 hours after an attack

Vaping in children and young people is dangerous and can cause permanent lung damage

Check you're using your inhaler properly:



<https://www.asthmaandlung.org.uk/living-with/inhaler-videos>

Extra Advice from my Asthma Professional: