# 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

Extra Advice from my

Asthma Professional:

# My Asthma Triggers

#### List the things that make your asthma worse:

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

\* Always refer to your Allergy Plan as well Any Other Triggers:

# **Contact Details**

GP:

#### Asthma Specialist/Team:

This plan was approved by London Asthma Leadership and Implementation Group (LALIG) Approval Date: May 2024 To Be Revised: May 2026

# 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



# Child Asthma Plan

Ages 4 - 11

Name: Date**:** 

Produced by London Babies, Children and Young People's Team

# Additional Resources:

<u>Asthma and Lung UK</u> <u>Asthma Toolkit</u> <u>Check you're using</u> your inhaler properly:





NHS

# **Every day:** I am symptom free



#### **Preventer Inhaler**

I need to take my preventer inhaler every day

It is called:

\* needs a spacer

and its colour is:

My best peakflow measure is:

l/min

puff/s of my preventer inhaler in Itake 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:

## **Rescue Inhaler**

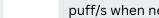
My rescue inhaler helps when I am wheezy or coughing, finding it harder to breathe, or my chest hurts. I should not need it regularly.

It is called:

I take

*	needs	as	pacer
	necus	uз	pacer

and its colour is:



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 next section

# I'm having an asthma attack and need to see a doctor now 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

## 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 after 10 puffs

# 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 60 seconds.

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