



If you have any concerns about managing your asthma, you can call an asthma nurse specialist on Asthma UK's Helpline 0800 121 62 44

# your asthma action plan

Contact number for GP/specialist asthma nurse:

Asthma UK has a range of resources to help with your asthma and a team of specialist asthma nurses if you need further advice.

Asthma UK Helpline  
0800 121 62 44

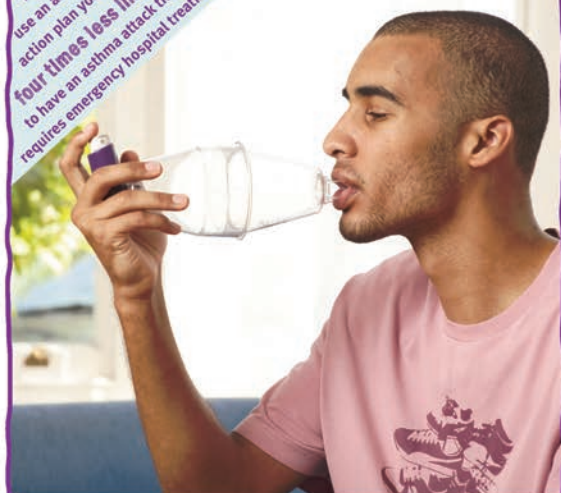
info@asthma.org.uk

Or visit our website  
www.asthma.org.uk



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If you use an asthma action plan you are **four times less likely** to have an asthma attack that requires emergency hospital treatment.



Name

Date



with you every  
breath of the way

Complete this with your  
asthma nurse or GP.



**This is what I need to do to stay on top of my asthma:**

My personal best peak flow is:

My preventer inhaler   
(insert name/colour)

I need to take my preventer inhaler every day even when I feel well.

I take  puff(s) in the morning  
and  puff(s) at night.

My reliever inhaler   
(insert name/colour)

I take my reliever inhaler only if I need to.

I take  puff(s) of my reliever inhaler if any of these things happen:

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

Other medicines I take for my asthma every day:

If I haven't had any symptoms or needed my reliever inhaler for at least 12 weeks, talk to my GP or asthma nurse about reviewing my medicines.



People with allergies need to be extra careful as attacks can be more severe.



**My asthma is getting worse if I notice any of these:**

- My symptoms are coming back (wheeze, tightness in my chest, feeling breathless, cough)
- I am waking up at night
- My symptoms are interfering with my usual day-to-day activities (eg at work, exercise)
- I am using my reliever inhaler  times a week or more
- My peak flow drops to below

**This is what I can do straight away to get on top of my asthma:**

**1** If I haven't been using my preventer inhaler, start using it regularly again or:

Increase my preventer inhaler dose to  until my symptoms have gone and my peak flow is back to normal.

Take my reliever inhaler as needed (up to  puffs every four hours).

If I don't improve within 48 hours make an urgent appointment to see my GP or asthma nurse.

**2** If I have been given prednisolone tablets (steroid tablets) to keep at home:

Take  mg of prednisolone tablets (which is  x 5mg) immediately and again every morning for  days or until I am fully better.

Call my GP today and let them know I have started taking steroids and make an appointment to be seen within 24 hours.



**I am having an asthma attack if any of these happen:**

- My reliever inhaler is not helping or I need it more than every  hours
- 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 is below



**THIS IS AN EMERGENCY TAKE ACTION NOW**

- 1 Take two puffs of my reliever inhaler (one puff at a time)
- 2 Sit up and try to take slow, steady breaths
- 3 If I don't start to feel better, take two puffs of my reliever inhaler (one puff at a time) every two minutes. I can take up to ten puffs
- 4 If I don't feel better I should call 999 straight away. If an ambulance doesn't arrive within ten minutes, and I'm still not feeling better, then I should repeat Step 3
- 5 Even if I feel better after this I should see my GP or asthma nurse for advice the same day
- 6 If I have rescue prednisolone tablets, take 40mg (8 x 5mg) altogether

Please note this asthma attack information is not designed for people who use the Symbicort SMART regime OR Fostair MART regime. If you use Symbicort SMART or Fostair MART please speak to your GP or asthma nurse about this.